



THUNDER ON THE MOUNTAIN

WHEN WAGING WAR ON AVALANCHES, PARKS CANADA AND THE ARMED FORCES CALL IN THE BIG GUNS — LITERALLY

PAGES 8 & 9

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ON THE COMEBACK TRAIL

BlackBerry, formerly Research In Motion, chief executive officer Thorsten Heins shows off one of the Waterloo company's new BlackBerry 10 smartphones launched on Wednesday in New York City. The new smartphone and mobile-operating system were released in six cities. Story, page 12. MARIO TAMA/GETTY IMAGES

Turning culture into cash

Sector's prosperity.

New plan aims to grow economy using data about the arts



ANGELA MULLINS

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More than 7,500 jobs with salaries totalling an estimated \$330 million. Ticket sales to tourists worth \$20 million. An economic impact of \$540 million a year.

Those are big numbers — all posted in 2011 by the city's arts-and-culture sector.

The statistics were rolled out on Wednesday as a new cultural-prosperity plan was tabled at city hall. The plan comes with an economic profile of just where London sits.

The profile is, in essence, a baseline for building on past successes and charting the future, said Andrea Halwa, executive director of the London Arts Council.

"These are tools that we've never had before," she said. "It makes it difficult to do your job, plan for upcoming needs, when you don't have this information. It's like planning in a vacuum."

London's footing in the cultural world is none too shabby, the report shows. The city shells out \$60 per person on culture, which, it says, is comparable to other cities.

Based on the latest statistics, London had a higher concen-

On the map

- London also has a database for the culture sector that provides a wealth of information and allows for mapping of cultural venues.
- Designed to give politicians the tools for "evidence-based decision making," the database shows, for example, that most culture jobs are downtown and in Old East Village.

tration of cultural jobs than the national average and is running neck and neck with numbers posted by larger cities, including Ottawa. London is only a couple of clicks behind Toronto in the field.

So, what does all that mean? A lot, if you ask people like Halwa. One of the profile's key messages is that culture creates identity, attracts talent and keeps existing talent here.

There's a "gap" between what the city "claims to believe about the value of culture and how it actually behaves," the report says, calling for immediate action on a "vision" and a "plan for cultural facilities." The new cultural-prosperity plan is designed to be that vision.

And it's time to get cracking, some politicians say. "Obviously, action (is) key," Mayor Joe Fontana said Wednesday.

More coverage (page 4)



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Capulet Lane

2 facing charges after \$100,000 cocaine bust

Police seized about \$100,000 worth of cocaine and have charged two Londoners with drug offences after a bust earlier this week.

On Tuesday, London police and RCMP executed a search warrant at a Capulet Lane address. Besides the cocaine, police found a small amount of marijuana and drug paraphernalia. Habtamu Tessema and Kathrine Smith, both 43, have each been charged with two counts of drug possession. **METRO**

Crime Stoppers

Police looking for assault suspects

London police are looking for three male suspects after an early-morning assault on New Year's Day.

At 3:48 a.m., an altercation occurred on Richmond Street north of York. A 32-year-old London resident was punched in the face. Three males, who were with the accused, then began to assault the victim.

The assaults continued after the male fell to the ground and he was robbed. Samater Ali, 22, has been charged with robbery.

Anyone with information is asked to call police at 519-661-5670, Crime Stoppers at 1-800-222-TIPS, or visit londoncrimestoppers.com. **METRO**



The suspects
CONTRIBUTED



Tenants of two London apartment buildings, located at 1 High St., left, and 6 Front St., were warned of potential flooding on Tuesday night. JOHN MATISZ/METRO

Riverside residents survive flood scare

Rising water levels. Record high temperatures recorded Tuesday, Wednesday



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Shoshana Verton-Shaw wasn't going anywhere.

The resident of 6 Front St. spoke to City of London officials at around 6 p.m. Tuesday as members of the city's drainage-engineering department were making their rounds, warning about a dozen riverside tenants that overnight flooding and subsequent loss of electricity, was a serious possibility.

Officials weren't forcing people out of their homes, but

were sure to mention the Red Cross would provide shelter in case of an emergency.

Due to their proximity to the Thames River, two local apartment buildings in particular — 6 Front and 1 High St. — are susceptible to power outages and flooding when water levels reach unusual heights.

"It got pretty close last night, but still not close enough to leave," said Verton-Shaw, 26, who has lived at 6 Front for four years. "We had it happen last year in the spring. (Water levels) actually got higher then."

A devoted dog owner and veterinarian tech by trade, Verton-Shaw says the fact Red Cross does not house animals meant she was staying put no matter what issues the weather brought. She even joked her canine friends could have "va-

cationed" at her workplace, if it came down to it.

In the wake of this week's spring-like temperatures, and a thunderstorm swooping through London on Monday night, water levels have been steadily rising.

Eleanor Heagy, spokesperson for the Upper Thames River Conservation Authority, says levels will "stay high until the weekend" but "hit its peak overnight" on Wednesday.

Local record high temperatures for Jan. 29 and Jan. 30 were set on Tuesday (10.5 C) and Wednesday (14.1 C), while Tuesday also saw a total of 38.4 millimetres of precipitation. The previous records were 8.9 C and 9.1 C for Jan. 29 and Jan. 30, respectively.

This late January warmth creates a dangerous environ-

Weather forecast

- **Thursday:** Flurries, high of -5 C
- **Friday:** 60 per cent chance of flurries, high of -8 C
- **Saturday:** Flurries, high of -9 C
- **Sunday:** Flurries, high of -5 C

ment in certain parts of London, according to Tom Cope, manager of the city's drainage engineering department.

"Keep away from the river banks, creeks and storm water management facilities," Cope said. "The water is very fast. One misstep could lead to a tragedy."

'No place' in justice system for judge's comments: Appeals court

A London judge has been taken to task about disparaging ethnic comments made during a 2011 court hearing.

According to a Jan. 18 court of appeals decision, Justice Gregory Pockele was sentencing Nhu Van Nguyen to prison on drug charges when he noted that "new Canadians, or Canadian citizens sharing cultural and ethnic heritage, appear before the court in unusual numbers charged with marijuana production."

Nguyen's lawyer cited the statement as part of her appeal, claiming it showed bias. The appellate court agreed but didn't recommend action.

Background

- Nhu Van Nguyen pleaded guilty to theft of hydro, possession of marijuana for purposes of trafficking and production of marijuana. He was sentenced March 11, 2011.

"There is no place in the Canadian criminal justice system for this type of negative and stereotypical comment," judges wrote in their ruling.

It's not Pockele's first challenge by judicial higher-ups.

The Ontario Superior Court yanked the justice from a 2011 trial after he refused to postpone hearings for a woman battling cancer. The Superior Court cited bias in that case.

Pockele made headlines in 2008 after a complaint about him was filed with the Ontario Judicial Council.

In that instance, he told a woman involved in a domestic-assault case that she should have "walked out," and advised she shouldn't bother calling police or returning to court if she went back to her partner.

ANGELA MULLINS/METRO/WITH FILES FROM TORSTAR NEWS SERVICE

Budget. Londoners invited to be part of the process

Got an opinion on the budget? Have your say.

Coun. Paul Hubert is again inviting all Londoners to participate in the city budget process.

"This year, I have contracted the Centre for Organizational Effectiveness to develop the survey and evaluate the responses of Londoners to the budget proceedings," Hubert said in a news release. "The budget is a key strategic document that determines not just where the city is going, but the resources to get there."

The Centre for Organizational Effectiveness is a Lon-

don-based consulting firm. The results will be made available to members of council and the public prior to the final public participation meeting Feb. 13.

The 2012 survey had more than 1,300 respondents in seven days.

The survey can be accessed at research.net/s/2013LdnBudgetSurvey. **METRO**



Paul Hubert
CONTRIBUTED

Diamond Jubilee

Council to honour medal nominees

City council will recognize London nominees for the Queen's Diamond Jubilee medal at a reception Feb. 6 at the Hilton Hotel. The 7 p.m. reception will celebrate nominees for their contributions to improving life in London. **METRO**

Health technology

LHSC picked to be training centre for robotic surgery

London Health Sciences Centre has been chosen by Intuitive Surgical Inc. as the exclusive training centre for robotic surgery in Canada. Intuitive Surgical Inc. manufactures the world's most

widely used surgical robot, the da Vinci Surgical System. LHSC has recently acquired two of these systems.

The training centre will be an integral component of LHSC's Canadian Surgical Technologies and Advanced Robotics (CSTAR) program, known for its development of robotic surgical technologies and delivering simulation training for health-care providers. **METRO**

Habitat for Humanity

Final penny push

With distribution of the penny ending as of Feb. 4, Habitat for Humanity is asking for your copper change. Habitat will be collecting pennies at three ReStores: #4 - 40 Pacific Court and 317 Adelaide St. South in London, and 1058 Parkinson Rd. in Woodstock. **METRO**

Tillsonburg

Police ID victim of industrial accident

The victim of Tuesday's tragic industrial accident in Tillsonburg has been identified. Oxford County OPP say 51-year-old Rafael Figueroa of Ingersoll died after the incident at Johnson Controls Ltd. on Townline Road. **AM980/AM980.CA**

Teachers protest

Wynne keeping talks confidential

Incoming premier Kathleen Wynne has met with teachers' union leaders, but no agreement has been reached. "The details are confidential because we need to have further conversations," Wynne said. **THE CANADIAN PRESS**

London's new cultural frontier

Building arts-and-culture sector.

Plan takes four-prong approach



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The vision statement pretty much says it all: Culture is at the heart of a thriving and vibrant city.

Around that idea, the rest of London's cultural prosperity plan has taken shape.

The plan is a framework for pushing the arts-and-culture sector further and realizing its full potential as an economic driver. It's broken into key strategies and includes recommendations for success.

Each of the recommendations is ranked on a three-point priority scale to help focus implementation.

Here are some highlights:

Strategic direction 1: Strengthen links between the culture and business sectors to ensure economic prosperity

- Highest priorities include, continuing existing grant programs, improving support available for large and small events, continuing restoration of heritage assets.

Strategic direction 2: Support cultural programming

- Highest priorities include,



Londoners Gonzalo Arboleda, left, and Chanel Danbrook perform a scene from *Footloose*, a musical produced through The Grand Theatre's High School Project series. The annual shows help students interested in the arts hone their skills. Getting youths involved in arts and fostering arts education is one element in the city's new cultural prosperity plan. **ANGELA MULLINS/METRO FILE**

identifying opportunities for youths to connect with culture, encouraging partnerships between organizations, enabling the library to explore new partnerships, promoting the city's cultural diversity.

Strategic direction 3: Leverage cultural assets

- Highest priorities include, making maintenance and funding of heritage buildings a priority, developing a heritage collections policy, evaluating the need for expanded

or more flexible performance and rehearsal spaces, evaluating the need for more outdoor performance spaces, developing a policy that encourages affordable studio spaces.

Strategic direction 4:

Celebrate and promote culture

- Highest priorities include, enhancing cultural tourism packages, developing a marketing and communications plan, promoting job and volunteer opportunities.

Quoted

What's next?

The city's cultural prosperity plan has hit the street and leaders are ready to get the ball rolling. This is what they said Wednesday about moving forward.



"Now is when the local work begins ... I don't think

we're going to sleep for the coming months."

Andrea Halwa, executive director, London Arts Council



"Hopefully, it won't be a year (before something gets done). The quicker we can move on what we already have, I think we can make great gains."

Mayor Joe Fontana



"(Implementation is) the next big, out-of-the-gate piece." Coun. Joni Baechler

Flu season may be on the decline: Public Health Ontario



For the third straight week, the number of positive tests for influenza in the province has declined, says Public Health Ontario.

In the London area, there were 13 new laboratory-confirmed influenza A cases reported between Jan. 22 and end of day Monday. No influ-

enza B cases were reported by the Middlesex-London Health Unit.

There were five hospitalizations reported among the newly reported cases, as well as an additional hospitalization from a previous case.

Two deaths were reported among the new cases, one

from a previously confirmed case. The health unit says the number of hospitalizations and deaths may be incomplete due to the large volume of cases to follow up.

One new influenza A outbreak was declared last week in a long-term care home, bringing the total to 35 out-

breaks this season.

As of Monday, 409 lab-confirmed influenza A cases and three influenza B cases have been reported in Middlesex-London for the season. There have been 205 hospitalizations and 19 deaths.

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Alabama gunman kills bus driver, seizes 6-year-old boy, police say

Hostage standoff.

Man took boy to underground hideout

A gunman holed up in a bunker with a six-year-old hostage kept law officers at bay Wednesday in an all-night, all-day standoff that began when he killed a school bus driver and dragged the boy away, authorities said.

SWAT teams took up positions around the gunman's rural property and police negotiators tried to win the kindergarten's safe release.

The gunman, identified by neighbours as Jimmy Lee Dykes, a 65-year-old retired truck driver, was known around the neighbourhood as a menacing figure who once beat a dog to death with a lead pipe, threatened to shoot children for setting foot on his property and patrolled his yard at night with a flashlight and a shot-



Law enforcement personnel set up a checkpoint Wednesday in Midland City, Ala., near the home where a school-bus shooting suspect was barricaded in a bunker with a child hostage. The incident is yet another in a string of U.S. gun violence that has sparked a national debate. JAY HARE, THE DOTHAN EAGLE/THE ASSOCIATED PRESS

gun.

He had been scheduled to appear in court Wednesday morning to answer charges he shot at his neighbours in a dispute last month over a

speed bump.

The standoff along a red dirt road began on Tuesday afternoon, after a gunman boarded a stopped school bus filled with children in

the town of Midland City, population 2,300. Sheriff Wally Olsen said the man shot the bus driver when he refused to hand over a six-year-old child. The gunman

then took the boy away.

"As far as we know there is no relation at all. He just wanted a child for a hostage situation," said Michael Senn, a pastor who helped

comfort the traumatized children after the attack.

About 50 vehicles from federal, state and local agencies were clustered at the end of a dirt road near where Dykes lived in a small travel trailer. Nearby homes were evacuated after authorities found what was believed to be a bomb on his property.

State Rep. Steve Clouse, who met with authorities and visited the boy's family, said the bunker had food and electricity, and the youngster was watching TV. He said law enforcement authorities were communicating with the gunman, but he had no details on how.

THE ASSOCIATED PRESS

Residential schools

Judge tells feds to hand over records

The federal government is obliged to turn over its archival records on Indian residential schools to the Truth and Reconciliation Commission, an Ontario court decided Wednesday.

In his decision, Justice Stephen Goudge said the obligation to provide the materials is clear from the settlement agreement that established the commission. THE CANADIAN PRESS

Phoenix shooting

Alleged killer still on the loose

Police searched Wednesday for a 70-year-old man suspected in an office shooting that left one dead and two wounded in Arizona's largest city, saying he is "armed and dangerous."

As police searched for the shooter, SWAT teams and two armoured vehicles surrounded his house, about 11 kilometres from the shooting scene in Phoenix. Police served a search warrant to enter the home.

America's latest public shooting came on the same day Congress took up the issue of gun control for the first time since the Connecticut school shooting left 20 young children dead.

THE ASSOCIATED PRESS

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Insemination mix-up. Doctor could lose licence over alleged misconduct

An Ottawa fertility doctor faces a disciplinary hearing Thursday over allegations he artificially inseminated three women with the wrong sperm.

Dr. Bernard Norman Barwin, a celebrated gynecologist, could lose his licence if the College of Physicians and

Surgeons of Ontario discipline panel finds he committed misconduct. He agreed last year to stop the practice of insemination after the college filed its notice of hearing.

The medical college alleges that three of Barwin's patients discovered their children aren't biologically related to their husband or, in one case, the patient's chosen donor.

Two women with the same allegations sued Barwin a few years ago. The lawsuits were resolved last year, but neither the women's lawyer nor Barwin's lawyer could discuss the terms.

Barwin was invested in the Order of Canada in 1997 for his "profound impact on both the biological and psycho-social aspects of women's reproductive health."

He founded the non-profit, pro-choice organization Canadians for Choice, which gives away an annual Dr. Norman Barwin Scholarship to a graduate student studying sexual health and reproductive rights.

If the College of Physicians and Surgeons' disciplinary panel finds Barwin committed professional misconduct or is incompetent, it can revoke his licence, suspend it, impose certain conditions or restrictions, reprimand him, order him to pay a fine or a combination of those sanctions.

THE CANADIAN PRESS

Déjà vu

Two of the circumstances described match that of two women who sued Barwin and his Broadview Fertility Clinic a few years ago.

- Trudy Moore and her husband approached Moore's sister in 2006 to act as a surrogate for the couple, according to the family's statement of claim. Days after the baby was born it was revealed that neither Guest or the sister had the same blood type as the newborn.

- Jacqueline Slinn, the second woman to sue Barwin, believed she was inseminated with sperm from donor 3168, according to her statement of claim. Slinn and two other 3168 mothers discovered none shared the same biological father, she alleged.

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BRINGING IN THE BIG

Army targets safety

Canada's armed forces are waging war on avalanches.

There's no messing around where one of the world's avalanche hotspots intersects with a transportation corridor connecting British Columbia to the rest of the country.

As the Trans-Canada Highway and Canadian Pacific Railway work their way through the Selkirk Mountains, they enter a hazardous 40-kilometre stretch at Rogers Pass in Glacier National Park in B.C. The scenic route features no less than 138 known avalanche paths above the highway.

To keep the public safe, Parks Canada — along with the Department of National Defence — has stood at the ready since 1962, working 24-7 with a variety of avalanche-control tools.

And, when needed, they bring out the big gun: a 105-mm howitzer cannon that launches pre-emptive artillery strikes that trigger slides well before they've built up to a point that threatens the highway



Department of National Defence forces cover their ears while sending blasts to safely trigger an avalanche. PARKS CANADA

(which sees approximately 4,000 vehicles daily).

"We operate the world's largest mobile avalanche control program. The howitzer can be deployed any time, day or night. Even in the middle of a snow storm," explains Jeff Goodrich, senior avalanche forecaster at Parks Canada.

In order to keep the public safe during the blasts, traffic along the highway is closed in both directions and back-country users with winter permits in Glacier National Park are notified to stay out

Howitzer facts

The gun is used an average of 20 times each winter and can strike at 270 targets from 17 gun positions.

of winter-restricted areas that are closed.

The operation is a sight to behold — not to mention hear — and extremely effective.

"If you look at our 51 years running the program, we've had no fatalities (involving the travelling public)," says Goodrich. "It's a highly diligent program."

MATT KIELTYKA/METRO IN VANCOUVER

Initiation into the wild

Staying safe in Mother Nature's wicked winter wonderland is an art and science.

Knowing how to use survival gear, being able to identify and traverse terrain and learning about snow science are all crucial for avoiding disaster.

That's where Avalanche Skills Training (AST) courses come in.

"The statistics for surviving avalanches are very grim, so it's definitely a safety move," says John Grant, an AST instructor



John Bardsley, left, and Steve Roberts at an Avalanche Skills Training course. JENNIFER GAUTHIER/METRO IN VANCOUVER

with Vancouver's Canada West Mountain School.

Weekend courses at the school take students through a full day of classroom study before putting their newfound knowledge to the test in the backcountry.

The Canadian Avalanche Centre (CAC) — which sets the criteria for public AST courses — says about 7,000 people took a course last year.

"To go into the mountains in the winter, you just need to have the gear," says CAC forecast co-ordinator Ilya Storm.

"Having a beacon, probe,

shovel is just like having a seat-belt or an airbag in your car."

Grant says more people are taking the course as a "door-opener" to the backcountry.

It was an easy choice for Steve Roberts and his girlfriend.

"We've been resort skiers for a long time now and we're looking to go into the backcountry," Roberts says after a stressful avalanche rescue simulation. "You can read ... but until you start doing it yourself, you have no idea."

"When it comes to decision making ... things can get complicated and you can get excited, so it's really important to have that base knowledge."

The course is just an introduction to the backcountry. Practice with gear and real-world experience are also vital.

"This is just the start," says Karin Hung after a field day with her AST1 class. "There are so many high-profile stories about people making the wrong decisions, I think it's important to get informed."

A full list of CAC-certified courses can be found at avalanche.ca.

MATT KIELTYKA/METRO IN VANCOUVER



When it comes to protecting the Trans-Canada Highway and the Canadian Pacific Railway from avalanches in Rogers Pass, Parks Canada

Exclusively online



JENNIFER GAUTHIER/
METRO IN VANCOUVER

What you pack could save your life. Find the "holy trinity" of survival gear at metronews.ca/safetykit.



GUNS



Ilya Storm, forecast co-ordinator at the Canadian Avalanche Centre, and his team are responsible for generating public avalanche bulletins from their headquarters in Revelstoke, B.C. MATT KIELTYKA/METRO IN VANCOUVER

Forecasting risk

The watchers.

Avalanche analysts play critical role in preventing tragedy



MATT KIELTYKA
Metro in Vancouver

Hidden away in a nondescript building in the heart of Revelstoke's quaint snow globe-esque downtown is the nation's avalanche nerve centre.

Upstairs in a second-floor office, terrain maps litter the central room.

Known avalanches are plotted on a map of British Columbia regions on a wall.

Three forecasters, eying up two computer screens each, compile weather and snow-pack information, frantically put together public avalanche forecasts and send out localized bulletins — all while handling a rush of media interviews.

Welcome to the Canadian Avalanche Centre (CAC).

"It gets busy on days like these," said Ilya Storm, the CAC's forecast co-ordinator, in an interview earlier this month after snowstorms hammered the mountainous regions in southeast British Columbia.

The avalanche danger has been "extreme" during the storms.

But the coming weekend calls for blue skies, which means skiers, slidders and snowshoers will be heading to the backcountry en masse to take advantage of the fresh snow as the danger level is downgraded in most regions to "considerable."

Blue skies spell trouble

"This weekend we'll have fewer avalanches, but we'll have blue skies, good riding conditions (meaning) more people will be out there."

Ilya Storm, forecast co-ordinator for the Canadian Avalanche Centre, who says human-triggered avalanches are most common during good weather.

It can be a recipe for disaster.

"That's where we run into problems," said Storm. "When the risk is extreme, it's an easy decision to make ... you stay home. This weekend, we'll have fewer avalanches but we'll have blue skies, good riding conditions so more people will be out there. And when you see other people riding hard, it's tempting to go out and push it a bit more."

In terms of human-triggered fatal avalanches, weekends like that are the most dangerous, so Storm and his team are getting the message out through bulletins and the media.

"Half of our job is the forecasting, the technical analysis and the science of it," says Storm. "The other half is effective communications and how

we talk to people. Decision-making, drive and motivation are big factors and we bring that into play in our forecasts."

The CAC was established in 2004 in the aftermath of a deadly, record-setting winter that killed 29 people the year before.

Analysts glean information coming in from virtually every private and public operator in Western Canada — shared by professionals through the Canadian Avalanche Association's Information Exchange (InfoEX) system — to create its public forecasts.

Each day, the team — which includes forecasters in satellite offices — creates daily forecasts for 12 regions.

Once a week, they'll create a long-term forecast.

They're customized docu-



ments that provide essential information on conditions and avalanche terrain for anyone venturing into the backcountry.

In the 2011-2012 season, the CAC received 1,413,230 bulletin requests.

Storm sees the bulletins as a critical public service.

"The outdoors is part of what we sell to people," he said. "As a society, (forecasts and avalanche education are) something we should support. It can serve people well."

The members of the Canadian Avalanche Centre know this better than most.

It's what keeps them going through those busy days.

"We are all avid recreationists, we love getting out into the mountains. I think most people here have some kind of a sad story," said Storm. "That's why it feels like good work. We're all trying to prevent the next tragedy because we've all been touched by avalanches."

Danger Level	Travel Advice	Level based on Avalanche Risk
5 Extreme	Avoid all avalanche terrain.	Extremely high and imminent avalanche risk.
4 High	Very dangerous avalanche conditions. Exercise extreme caution and avoid avalanche terrain.	High avalanche risk, imminent avalanche risk.
3 Considerable	Dangerous avalanche conditions. Caution required. Avoid avalanche terrain and avoid avalanche paths.	High avalanche risk, imminent avalanche risk.
2 Moderate	Unpleasant avalanche conditions on specific terrain features. Exercise caution and avoid avalanche paths.	High avalanche risk, imminent avalanche risk.
1 Low	Generally safe avalanche conditions. Be alert for avalanche risk on specific terrain features.	Low avalanche risk, imminent avalanche risk.

The North American avalanche danger scale, developed by Parks Canada, is now used throughout the world. CONTRIBUTED

Nicola Puddicombe. Appeal to conclude in lover's axe-murder trial

There's no doubt that Dennis Hoy of Toronto was clubbed to death with an axe in a night that was rife with passion, betrayal and cruelty.

There's still plenty of debate on exactly what happened on the night of Oct. 27, 2006 when Hoy, 36, was bludgeoned at least a half dozen times in the bed of his longtime girlfriend Nicola Puddicombe.

The two-day Ontario Court of Appeal hearing is scheduled to conclude Thursday.

At the time of Hoy's death, Puddicombe was involved in a lesbian relationship with Ashleigh Pechaluk, a co-worker at Loblaw's. Puddicombe was also still entwined in a relationship with Hoy that began 11 years earlier.

The women were tried separately in 2009 for first-degree murder. Pechaluk was acquitted after her confession to police was ruled inadmissible because she was not told of her right to legal counsel. That videotaped statement — obtained after 20 hours of interrogation — was played in Puddicombe's trial.

Months after her former lover walked free, Puddicombe

Appeal arguments

Key to the appeal is the testimony of Sarah Sousa, a co-worker who told juries in both trials that Pechaluk spoke of plans to kill Hoy.

- **Hearsay.** Puddicombe's lawyer David Harris argued Wednesday that current procedure for instructing juries on the weight of hearsay evidence is too complicated.
- **Robots, not morons.** "This is really too much for a jury to handle: Lawyers and judges dancing madly on the head of a pin," Harris said. "They're (jury members), not morons — but they're not robots either."

was found guilty and sentenced to life in prison. Each woman blamed the other for the murder, but the Crown argued that they plotted Hoy's death so that they could live together and collect his life insurance and pension. **TORSTAR NEWS SERVICE**



An unquestioned authority on gun violence

Former Arizona Rep. Gabrielle Giffords, who was shot in the head in a mass shooting that killed six people in Tucson, Ariz., two years ago, sits with husband Mark Kelly as she gives an opening statement before the Senate Judiciary Committee hearing on gun violence in Washington on Wednesday. Supporters and opponents of stricter gun control measures are facing off on what lawmakers should do to curb gun violence in the wake of last month's rampage in Newtown, Conn., that killed 20 schoolchildren. **SUSAN WALSH/THE ASSOCIATED PRESS**

Canadian data

Protein map may help fight viruses

Scientists have made an important discovery that could help battle viral infections.

Using data collected at the the University of Saskatchewan's Canadian Light Source synchrotron, researchers from McGill University and the Austrian Research Centre for Molecular Medicine have discovered the blueprint behind the IFIT protein, which can stop a virus from spreading by inhibiting its replication of a person's genetic code.

MORGAN MODJESKI/METRO

Took on Taliban

Malala heads for final skull surgery

A Pakistani girl who defied the Taliban is set for a final surgery to reconstruct her skull, doctors said Wednesday.

Malala Yousufzai, 15, needs to replace the bone shattered when a gunman, angered at her promotion of girls' education, sent a bullet through her head. **THE ASSOCIATED PRESS**

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Nightclub owner blames 'whole country' for fire

Santa Maria, Brazil. Police note violations by both the club and fire-safety inspectors

The owner of a nightclub in southern Brazil where more than 230 people died in a fire last weekend deflected blame to "the whole country," as well as to architects and inspectors charged with making sure the building was safe, his lawyer said Wednesday.

Attorney Jader Marques said his client, Elissandro Spohr, "regretted having ever been born" but still blamed Sunday's tragedy on "a succession of errors" made by his countrymen.

Police have said the blaze likely started when a band performing at the Kiss nightclub in Santa Maria lit a flare, which ignited flammable soundproofing on the ceiling. That error was compounded by the near-total lack of emergency infrastructure such as fire alarms or sprinkler systems, police have



A woman weeps during the funeral for Gustavo Gonçalves, the most recent victim of the Kiss nightclub fire. His death has raised the number of dead to 235, with 143 people still in hospital. FELIPE DANA/THE ASSOCIATED PRESS

said. The club also had only one working door and a faulty fire extinguisher.

Documents obtained by The Associated Press showed that the single exit, the foam insula-

tion and other contributors to the tragedy didn't violate laws.

Police are detaining Spohr for five days, along with the club's other co-owner and two musicians playing at the venue.

Spohr is recovering from a respiratory infection. Lilian Caus, one of the officers watching over Spohr, said he had made a suicidal gesture.

THE ASSOCIATED PRESS

Zimbabwe. Finance chief says troubled nation has only \$217 left in coffers

Business as usual

"I don't think it's anything new. It has been like this before."

Harare economist John Robertson, noting that governments routinely pay out more than they receive, relying on borrowing — but Zimbabwe has little access to that.

Zimbabwe's finance ministry said it has just \$217 left in its accounts after paying the nation's civil servants and government employees earlier this month.

Finance Minister Tendai Biti said the monthly salaries cleared out government earnings and tax revenues in January. He made an appeal Tuesday for foreign donors to help raise some \$200 million for a constitutional referendum and elections later this year.

But financial experts said Wednesday that Biti, known for his exaggerated rhetoric in the troubled economy, failed to mention quick returns from income tax, social security pay-

ments and increased taxable spending in shops and stores.

Those daily revenues immediately replenish the country's battered coffers, experts say. Nationwide highway toll gates also separately bring in thousands of dollars a day.

THE ASSOCIATED PRESS

Syrian crisis

Canada announces \$25 million in aid

Canada announced Wednesday an additional \$25-million donation to help people displaced by the Syrian crisis, bringing the country's total contribution to \$48 million.

The money will help

provide food, shelter, medical care and safety for some of the estimated 700,000 refugees who have fled to neighbouring countries.

International Co-operation Minister Julian Fantino made the announcement at an international donors' conference in Kuwait. The UN exceeded its \$1.5 billion goal. THE CANADIAN PRESS

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RIM rebrands as BlackBerry, launches long-awaited phones

'We heard you loud and clear.' Buzz around clever predictive text, better OS, message hub, and 'time-shift' photos



JESSICA SMITH
Metro in Toronto

BlackBerry launched a new operating system, two new phones, a rebranding and a comeback attempt on Wednesday.

The Waterloo-based company BlackBerry — which until Wednesday's rebranding was known as Research In Motion — held simultaneous events in New York, Toronto, London, Paris, Dubai, Johannesburg, Jakarta and Delhi.

Thorsten Heins, president and CEO of the company since co-founders Jim Balsillie and Mike Lazaridis resigned a year ago, appeared live on stage at Pier 36 in New York and on video at the global launch events.



The media awaits the introduction of the BlackBerry 10, Wednesday, in New York. The new phone is the fruit of a crucial, long-overdue makeover for the Canadian company. MARK LENNIHAN/THE ASSOCIATED PRESS

The launch was initially scheduled for a year ago.

"We have transformed ourselves inside and out," said Heins. That transformation was "heartfelt" and required the company to be brutally honest, he said.

BlackBerry is releasing two phones that use the new BlackBerry 10 operating system. The Z10 is a touchscreen phone that uses a virtual keyboard with a unique form of predictive text, allowing users to "flick" entire words from the

keyboard into their messages and documents.

The Q10 has a physical keyboard, but will not be available until April.

"We heard you loud and clear," said Heins. "We built this for those people who

said they just had to have the physical keyboard typing experience."

The BlackBerry 10 operating system includes a hub for all communications, including schedule notifications, Twitter and Facebook messages, BBM pins and text messages.

The OS includes BlackBerry Balance, which allows separate functions and controls for people who want to separate their phone's functions for their work lives from their personal lives.

The Z10 has 16 GB of storage, a 4.2-inch touch display, a battery with up to ten hours of talk time and 4G capability. It also has a front camera and an 8-megapixel rear camera, built-in photo editing and filters. Its most-hyped photo feature is "time shift," which allows users to scroll through different versions of the same photo to select, for example, a moment before a subject blinked.

BlackBerry's new app store is BlackBerry World, where 70,000 apps are available and users can pay to download music, movies and TV shows.

Market Minute



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99.85¢
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\$1,681.60 US (+\$18.90)

Natural gas: \$3.34 US (+8¢)
Dow Jones: 13,910.42 (-44)

Waterloo

RIM's hometown cheers company on

Research In Motion's hometown celebrated the launch of the new BlackBerry 10 phones Wednesday as one of the tech-savvy region's biggest accomplishments.

More than 150 politicians, entrepreneurs and business people filled a hall in the building of a local Waterloo technology association to watch a live video stream of RIM chief executive Thorsten Heins as he made a glitzy, Steve Jobs-style presentation of the new flagship product in New York City.

The crowd let out a roar as Heins flashed the smartphones, seen as make-or-break devices for the company — a major employer in the Waterloo area. They also cheered when RIM's new name — BlackBerry — was announced.

The event kicked off a day of planned celebrations in Waterloo and neighbouring Kitchener, which have both strung up BlackBerry street pole banners marking the launch.

THE CANADIAN PRESS

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Review: New Z10 gets 4 of 5 stars

The BlackBerry Z10 is attractive, easy to use and easy to type quickly with. The predictive text system works well and being able to "flick" words from the virtual keyboard onto the screen is a bonus.

The OS is run by swiping across the screen in different directions, which, once learned, makes navigating around the phone easy.

Browsing isn't anything like it was on old BlackBerry. Web pages load properly and streaming video works.

The BlackBerry Hub, where you can easily access notifications, emails, texts, PINs, and social media messages without actually leav-

ing the app you were using, works very well and will be very familiar to BlackBerry users.

The major drawback is the apps. At the launch in Toronto, a BlackBerry official told reporters to look for announcements in coming days, but could give no guarantees that major apps, including Instagram, Netflix and Google Maps, would ever be available. Other apps, such as the RBC banking app, are expected but are not yet in BlackBerry World. As for the other major Canadian banks, none have guaranteed apps yet.

Apps for Skype, Kindle, Facebook, LinkedIn, Twitter, Foursquare, Dropbox,

SoundHound, The Weather Channel, Evernote, and Rdio are available, and the major game-makers are in the process of bringing over their apps as well.

The Z10 competes with the iPhone and Android phones like Samsung's Galaxy SIII on everything but apps, and fortunately for BlackBerry, the app situation can change.

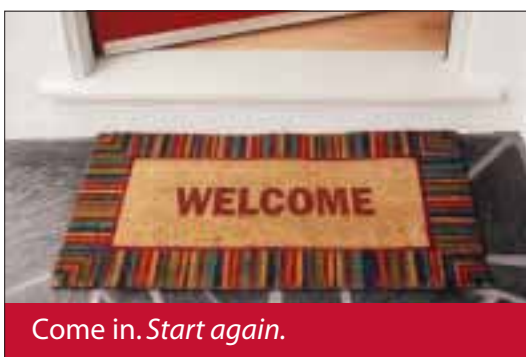
However, after waiting an extra year for the release of the new OS and the new phones, the lack of some major apps is bound to disappoint some consumers. It's bad news for the company if consumers choose to hold out longer to see if their favourite apps arrive.

JESSICA SMITH/METRO IN TORONTO



Release dates

- Z10.** The all-touch screen BlackBerry Z10 will be released in Canada on Tuesday, costing \$149 with a three-year plan
- Q10.** The Q10, which has a physical keyboard, is scheduled to be released in April



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SPACE TRAVEL IS ALL ABOUT MONKEYING AROUND



HE SAYS...
John Mazerolle
metronews.ca

Have you noticed how laissez-faire coverage of space exploration is these days? I'm excited about how dull outer space is getting.

There's a Canadian in orbit and we're focusing on his Twitter feed and his guitar playing. Meanwhile, Iran sent a monkey into space and it only got equal coverage (maybe) with a monkey in an Ikea parking lot. If Iran wanted attention, they should have dressed it in an adorable shearling spacesuit.

I'm not lamenting this lack of excitement, I think it's amazing and wonderful that we've gotten used to it. I like to think it means we've accepted it as our destiny, rather than gotten bored with it.

To understand how we got here (or there), here's a completely accurate timeline of human space exploration.

1949: The U.S. sends a monkey into space. Harry S. Truman delivers a triumphant message to the world that reads, in part, "Top that, future Iranian theocracy."

1956-1957: Russia launches Sputnik I and Sputnik II: Electric Boogaloo into space, the latter with the dog Laika on board. The dog dies, giving the U.S.S.R. valuable Cold War information about the need to feed your dog in space.

1958: Soviet spacecraft Zond 5 is thought to be the first vessel to orbit the moon, though we now realize the craft actually orbited an American television studio in Nevada.

1961: Astronaut Alan Shepard becomes the first person that matters, or "American," in space.

1955-1971: The Soviet Union has the first satellite, spacecraft, human in space, woman in space, spacewalk, lunar rover and space station, but, as history teaches us, the U.S. is the winner of the space race because they were the first country to use the moon for golf.

1962: John Glenn becomes the first American to orbit Earth. He sees the Earth as it really is, a fragile home of one unified species, and is told that if he shares those feelings with anyone he will be executed for treason.

1972: Eugene Cernan and Harrison "Jack" Schmitt are the last men to walk on the moon, and are loved forever, as can be proven by the fact that you have no need to look up whether those are their real names or just a couple of names I made up.

1976: America's Viking 2 finds the first possible signs of life on Mars — chewed cigar ends, two open condom wrappers and a sink full of dirty dishes.

1981: The Canadarm is sent into orbit, the first limb of the action hero Cana-dar. When the final piece, the Canabdomen, is sent into orbit next year, the SuperRobot will rule the world from space, and kick some Canadass.

1996: Khan Noonien Singh takes the DY-100 class interplanetary sleeper ship Botany Bay out of the solar system.

2012: Canadian Chris Hadfield — a hyper-intelligent, unbelievably eloquent and experienced pilot-musician who can use Twitter constantly without being annoying and can rock a moustache no problem — is launched into space by a bunch of guys who were feeling insecure whenever he was around.

2013: Iran sends a monkey into space. The mission is considered a failure when the monkey's guitar playing is mediocre at best and his tweets are nothing more than repeated requests for more bananas.



Iran said it has launched a monkey into space. The U.S. worries that technology from the space program could be used to develop long-range missiles that could potentially be armed with nuclear warheads. THE ASSOCIATED PRESS

Wintry bubble bath



CHIP PHILLIPS/REX FEATURES

Ice photography

Surreal bubbles frozen in icy lake

Eerie, painterly and almost supernatural, these bubbles are in fact a real wonder.

This stunning photograph shows hundreds of frozen bubbles trapped below Abraham Lake in Alberta. Located at the foot of the Rocky Mountains on the North Saskatchewan River, the rare phenomenon occurs each winter in the man-made lake. **METRO**

Ice bubbles

- Organic matter on the lake bed releases methane gas, which freezes as it comes up to the surface. Normally, methane turns into carbon dioxide before reaching the surface.
- Bubbles keep stacking up below the frozen lake once the weather gets colder.
- Stacks of frozen bubbles are reminiscent of slabs of rock that form volcanic pillars.

Expedition experience

'My forehead was bleeding a little'

Judging by the photographer's experience, this photography is not without its perils.

"I use crampons to avoid slipping, but on one of my first trips to the lake, a giant gust of wind came barreling down, picked me up and threw me back on the ice," said Chip Phillips, the photographer. "My forehead was bleeding a little ... so I am very careful when I go out now." **METRO**

Photographer's view



"You have to walk out on the ice to

photograph the bubbles, the icy surface is around 22 centimetres deep."

Chip Phillips, 40, photographer from Spokane, Wash.



Twitter

@RMaitlandW:

"Intervention is like Punk'd for junkies" -Daniel Tosh

@JenPTin:

Not a fan of Blackberries but the Q10 looks great #BB10

@DeniseTesta:

#Idnont I am looking for compans that would be interested in donating items for a local foundation for goodie bags. 25 years... so 25 items

@KyleDeCaluwe:

So many people at #WesternU's blood donor clinic. #UWosolutions

@alexandrasky:

Have we always had bells on campus? Is that a thing? #westernu

@eyecarlyly:

go do what all the cool people do and give some blood in the alumni lounge #fanshawe



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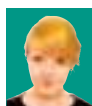


The Soupicans perform Saturday night at the new APK at 347 Clarence St. as part of the venue's opening weekend. ERIN CRAIG

Take 3: APK back on track

Opening weekend.

Alex P. Keaton was too small, last venue too big. Here's hoping this one is juuuuust right



BACKSTAGE PASS
Amanda Grant
london@metronews.ca

The story of APK is reminiscent of Goldilocks and the Three Bears.

The original venue, known as the Alex P. Keaton after Michael J. Fox's character on the '80s sitcom *Family Ties*, was a small space at the intersection of Talbot and Albert Streets. The venue closed in 2009, after becoming a major hub

for local musicians and scene-sters.

In 2010 the venue returned as APK Live, a massive two-storey space on the corner of York Street at Wellington. Due to ballooning maintenance costs, the venue closed this fall, leaving a hole in the live music community.

But that's about to change. Friday night APK is back, taking over Brennan's Bistro at 347 Clarence St., next door to Grooves Records.

The Alex P. Keaton was too small, APK Live was too big, but here's hoping The APK will be just right.

"I think that the size of the space is one of the best things about it," said Matt Trocchi, entertainment director for The APK. "If I was to do a show at the old space and there were 100 people,

it would still feel empty, but here it is packed. It's more intriguing to people walking by and makes for a better show."

"I think this is a really exciting opportunity for the community," said Mike Bott, co-owner of Hot Dog Musique and Cinema. "It is a more reasonable-sized venue and the promotional value of the name is really endless."

Saturday night Bott is taking advantage of the opening weekend cache, hosting a show with local bands Say Domino, Wet? and Don't Touch the Dancers, and touring act The Soupicans.

The show is going to be packed and it's going to get loud.

"The Soupicans are my favourite live band — period," said Bott. "They are this noisy, weirdo punk band with an

Around town

- **Art.** Sunfest's Colores de Latinoamérica exhibit at The ARTS Project on Dundas Street closes this weekend. Take advantage of your last chance to catch the vibrant works by artists from Chile, Colombia and Ecuador.

- **Art.** Craig Cardiff is in town playing a free lunch hour concert at Fanshawe College. Make your way to Forwell Hall on the college campus for the show from 11 a.m. until noon.

undeniable force to their performance. You can really feel the music."

It's a good start to the returning venue's lineup, which boasts and eclectic mix of shows throughout February as it reasserts itself in the local music scene.

"I am excited to see how people respond to the new space," said Trocchi. "People need to come and check it out

and give it a chance."

Friday night The APK will celebrate its return with performances by B.A. Johnson and Wax Mannequin, both vets from the previous two incarnations of the venue. The show starts at 9 p.m. Tickets are \$5 at the door.

Saturday night The Soupicans headline a grungy, otherwise local bill. Doors open at 9 p.m. Tickets are \$5.



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Double-life show, double the challenge

Steven Pasquale.
Lead actor relishing challenge as he takes on roles of playing Jekyll and Hyde versions of himself

NED EHRBAR
Metro World News in Hollywood

There's a new high-concept split-personality thriller on the block, NBC's *Do No Harm*, starring Steven Pasquale as both successful neurosurgeon Jason and the destructive psychopath Ian, who takes over Jason's body between 8:25 p.m. and 8:25 a.m. Of course, this isn't the first show to try out the double life concept, — examples of these series include NBC's *My Own Worst Enemy* in 2008 and *Awake* last year, neither of which made it out to a second season.

But the folks behind *Do No Harm* are heading into this week's premiere with

confidence. "I think that ultimately you can only write the show you want to watch, and this was a show that I just wanted to see on TV," says executive producer David Schulner.

"But definitely I took lessons from those shows and I said this is going to be a show you're going to want to watch every single week. You can't wait to tune in because it's so crazy. The stuff that Ian does to Jason and Jason will do to Ian, it's a wild roller coaster ride, and it's just thrilling and fun. So I think that's where the big difference between those shows are."

That thrilling fun comes mostly from the ways in which Ian goes wild with Jason's life while his more mild-mannered counterpart sleeps. "Ian's a little bit like a cat. The cat wants to play with that mouse. He doesn't want to kill it because what fun would that be?" Schulner says.

"So Ian's going to do a lot of stuff to Jason. And then what's great about Jason is he's just as smart as Ian is

Quoted

"I think, ultimately, you can only write the show you want to watch."

Do No Harm producer David Schulner
On the writing behind *Do No Harm*

and is sometimes two steps ahead, so there are traps in place. So it's a constant cat-and-mouse chess game between the two of them. But Ian is not toothless. There's a true danger to him. He's truly menacing, and that's why Jason's character needs to get rid of him."

For Pasquale, that makes for a fascinating acting challenge, but at least he knows both characters' fates are safe. "Ian's aware that if he were ever to murder somebody, they would (both) go to jail," Pasquale says, while stressing that "it really is a very real threat of something going very dark. Whether or not it happens will remain to be seen, but certainly that's where all of the tension lies."



Steven Pasquale, who stands alongside Alana De La Garza, is enjoying the acting challenge in *Do No Harm*. GETTY IMAGE

Raised eyebrows

Swift turns heads with riskier, more mature wardrobe

Taylor Swift has been turning heads with her new, sexy wardrobe, but the 23-year-old says it's just a reflection of getting older.

Swift has people buzzing about her recent red carpet choices, which have included plunging necklines and shorter skirts. "As far as wardrobe, we have been operating from a different place," Swift said.

While her choices may be demure compared with the Kim Kardashians of the world, for Swift, a former teen sweetheart, it's raised eyebrows, and she acknowledges that it's been a bit of a shock for some people who are accustomed to seeing her wear long dresses. She recalled how her decision to wear shorts at last year's MTV Video Music Awards caused a stir.

"It was like, 'Gasp, Taylor wears shorts.' And I thought it was hilarious," she said, adding: "I'm not going to be like taking my clothes off or that sort of thing." Swift's new look is a reflection of her overall maturation, with her latest album, *Red*, selling more than 3 million copies since it was released last fall and producing two smash singles, *I Knew You Were*



Taylor Swift. THE ASSOCIATED PRESS

Trouble and We Are Never Ever Getting Back Together. The album is nominated for record of the year at next month's Grammy Awards.

"I'm so happy about (my) three nominations — it's so unreal," Swift said in a phone interview Monday from Paris.

"The fans have been so

good to me this year," she said. "I wanted to make a genre-defying record, I wanted to make an album that was hard to pin down, and hard to box in."

Swift said fans should expect more surprises during her upcoming tour, which kicks off March 13 in Omaha, Neb.

THE ASSOCIATED PRESS



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Nicki Minaj. Singer not worried by Grammy snub



Nicki Minaj believes her Grammy time will come. THE ASSOCIATED PRESS

Despite having a big year in music, Nicki Minaj didn't receive any Grammy nominations. Not a problem, she says.

"I've gotten tons of awards and I believe when it's my time to get a Grammy, I'll get a Grammy," she said. The 30-year-old had one of last year's biggest hits with Starships and her sophomore album, Pink Friday: Roman Reloaded, has reached gold status.

But Minaj, who received three Grammy nominations last year, was shut out when this year's nominations were announced. "I think that the Grammys had a different reason, that I do not want to discuss ..." she said. "But I respect their organization and I'll get

a Grammy eventually. I'm not worried about it."

A representative for The Recording Academy didn't immediately respond to an email Tuesday seeking comment.

Minaj was criticized when she released her sophomore album last April for taking on a pop-and-electronic sound that echoed Katy Perry, Rihanna and Ke\$ha. Roman Reloaded is a mesh of hip-hop, dance, pop, R&B and reggae flavours. "I understand that artists and critics make a big deal over the Grammys. But when I go to my shows and I'm selling out arenas in London and Australia, there aren't any Grammys there," she said.

THE ASSOCIATED PRESS

Sheeran a star on the rise

Q&A. The British musician on his forthcoming duet with Elton John, dating and Taylor Swift

MEREDITH ENGEL

Metro World News in New York

British singer/songwriter Ed Sheeran is nominated for song of the year for The A Team at this year's Grammys, but he's been a member of an "A Team" for quite some time.

He is the writer behind the One Direction songs Little Things and Moments, and last year he performed at the Olympics and the Queen's Jubilee. This year, he's shaping up to be a star player.

He has a sold-out show at Radio City on Wednesday night, plays a duet with Elton John at the Grammys and joins Taylor Swift on her Red tour this summer. Metro caught up with him for a chat.

Congratulations on your Grammy nomination! How did you hear about it?



Ed Sheeran will make his new album in Nashville. GETTY IMAGE

I didn't expect to be nominated and I was quite drunk at the time as well, so all these "Congratulations!" texts were coming in and I kind of thought it was for something else.

Tell us about performing with Elton John.

Yeah, I mean, it doesn't really get bigger than that. ... He rung me up and was like, "So, how would you feel about playing the Grammys with me?" and I was like, "Um, yeah, I think that

could probably work."

Will you be nervous sharing the stage with him?

You know what, I'm not nervous about being on TV and I'm not nervous about it being a duet with Elton, but I am nervous having to play in front of — like, it's one thing being from Britain going to a British awards show because when you go to that you kind of know 95 per cent of the people there. But I've never been in front of — pretty much the whole

of the American industry. I don't know any of them, apart from someone like Taylor (Swift). I mean it's good, it puts me on the map, but it's also quite nerve-racking.

Speaking of Taylor Swift, you'll be joining her on tour this summer.

Yeah, it starts in March and finishes in September. It should be great.

You're friendly with her already, and you're touring together this summer. Will you hang out during your downtime?

In my time off I'm gonna be making an album. I'm moving to Nashville for a bit while I make a record and I think Taylor lives just around the corner, so we'll be hanging and probably writing more music.

Since you're on her album, Red, can we expect to hear her on your next CD?

Um, probably not, no. I'm gonna kinda steer away from doing collaborations, I think, on this record. ... (But) if we end up writing a song that's completely mind-blowing, then yeah.



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Operation E release under threat from court case



Clara Rojas, portrayed in *Operation E*, has filed a motion to prevent the release of the film. HANDOUT

Colombia. Award-winning movie may not see release in country of origin due to motion filed to protect child

It's one of the most heart-tugging tales of Colombia's long civil conflict: Rebels appear at the jungle home of a

poor farmer carrying a seven-month-old boy with a bandaged left arm.

The farmer tells them that the medicine man they seek isn't around.

They leave the baby anyway, and promise to return the following day. But they don't.

The abandoned child won't see his hostage mother until an emotional reunion after she is finally freed from captivity three years later.

Now an award-winning movie about the case has itself become a part of the drama.

Clara Rojas, who gave birth to Emmanuel in 2004 while a hostage of Colombia's main leftist rebel group, has asked a court to prevent the film, *Operation E*, from being shown in the country, saying it would harm her child and "the free development of his personality."

A ruling could come

this week in a case that has brought Rojas under criticism from anti-censorship advocates including writers, film critics and even President Juan Manuel Santos, a former newspaperman.

Rojas was campaign manager for presidential candidate Ingrid Betancourt when the two were seized by the Revolutionary Armed Forces of Colombia, known as the FARC, in 2002.

THE ASSOCIATED PRESS

The Vaccines. Winding road to success adds to Come of Age album

The first refrain a listener will hear on the Vaccines sophomore album is Justin Young, singing in a snotty punk voice, "I don't really care about anybody else when I haven't got my own life figured out."

This admission seems curious for a band who seem to have found their footing and are arguably living up to their latest album's title, *The Vaccines Come of Age*. But Young says coming of age is not without its growing pains, and the lyrics really ring true for him.

"It's just about being in your 20s, and it's a very weird time because you're expected to know who you are and where you want to go and how you want to get there, and I guess not everybody really does," he says. "And this is the first time in your life where you realize that you and your friends are at different points on the path."

The path has been a scenic one for the past few years for Young and his cohorts, guitarist Freddie Cowan, bassist Arni Arnason and drummer Pete Robertson, if not a bit of a blur. This path included a great debut in 2011 (*What Did You Expect from The Vaccines*) and a number one album in their home country of England when *Come of Age* came out this fall.

"For us, it felt like a more accomplished record," says Young, "as it perhaps should

A little too literal

"I really didn't want to make a record about being in a band and being a musician."

Justin Young
Talking about making their new album.

and would a year-and-a-half later of having been playing together every night."

But even with the band chemistry continuing to ferment, there is still an agitation to these songs that give the album life.

"When you're a kid and you see these people in these bands, you think they're these perfect beings beamed down from space," says Young. "I definitely don't feel like a different person, but perhaps I'm expected to be. I really didn't want to make a record about being in a band and being a musician. I think that really disconnects you from your audience."

But Young insist these are no spoiled rock star blues he's experiencing. He says it's almost the opposite.

"We're incredibly lucky and we're doing everything we've ever wanted to do and we're happy, but it's like it doesn't matter what position you're put in, it still doesn't change you as a person. You can only ever find happiness within yourself."

PAT HEALY/MWN



The Vaccines are trying not to be repetitive on their sophomore album. HANDOUT

Metro News, Just For Laughs and Jeremy Hotz Want to Get you Out of Your Misery!

Jeremy Hotz

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London portion of contest closes February 19, 2013. Open to Canadian residents 21 years or older. No purchase necessary. Odds of winning depend on the number of eligible entries. Go to www.clubmetro.com to enter and fill out entry form, including skill-testing question. There is one (1) prize of a pair of front row tickets to the Jeremy Hotz Magical Misery Tour show in London, presented by Just For Laughs. Winner in London will be pooled with similar winners in Halifax, Toronto, Ottawa, Calgary and Vancouver for the Grand Prize draw. There is one (1) Grand Prize of a trip for two to Just For Laughs Bermuda in January 2014, which includes return airfare, three nights of hotel accommodation at the Fairmont Southampton Bermuda and tickets to Just For Laughs Bermuda, valued at approximately \$3,500 CAD (based upon departure from Halifax, actual value may vary depending upon time and city of departure). Certain restrictions may apply. For full contest rules, go to www.clubmetro.com.

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ONE WEEK FEBRUARY

FRI, FEB 1	SAT, FEB 2	SUN, FEB 3	MON, FEB 4
 <p>THE MATRIX 1:00PM</p>	 <p>THE FIFTH ELEMENT 11:40AM</p>	 <p>GREMLINS 12:00PM</p>	 <p>2001: A SPACE ODYSSEY</p>
 <p>JAWS 3:40PM</p>	 <p>RAIDERS OF THE LOST ARK 2:10PM</p>	 <p>AN AMERICAN WEREWOLF IN LONDON 2:15PM</p>	 <p>FRANK MILLER'S MAD MAX BEYOND THUNDERDOME</p>
 <p>2001 : A SPACE ODYSSEY 6:15PM</p>	 <p>INDIANA JONES & THE TEMPLE OF DOOM 4:40PM</p>	 <p>JAWS 4:35PM</p>	 <p>BATTLE ROYALE</p>
 <p>A CLOCKWORK ORANGE 9:10PM</p>	 <p>INDIANA JONES & THE LAST CRUSADE 7:00PM</p>	 <p>THE FIFTH ELEMENT 7:15PM</p>	 <p>OLDBOY</p>
 <p>AN AMERICAN WEREWOLF IN LONDON 11:59PM</p>	 <p>INDIANA JONES & THE KINGDOM OF THE CRYSTAL SKULL 9:30PM</p>	 <p>COCKNEYS VS ZOMBIES 9:50PM</p>	
	 <p>COCKNEYS VS ZOMBIES 11:59PM</p>		

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TUES, FEB 5

WED, FEB 6

THURS, FEB 7

2001 : A
SPACE
ODYSSEY
1:00PM



BATTLE
ROYALE
12:00PM

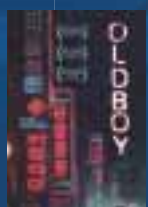


THE FIFTH
ELEMENT
12:00PM



GOODFELLAS
1:00PM

A CLOCKWORK
ORANGE
4:00PM



OLDBOY
2:20PM



GREMLINS
2:35PM



CASINO
4:00PM

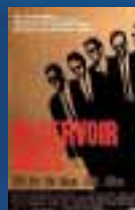
BATTLE
ROYALE
7:00PM



GREMLINS
4:50PM



AN AMERICAN
WEREWOLF IN
LONDON
4:50PM



RESERVOIR
DOGS
7:30PM

OLDBOY
9:25PM



GOODFELLAS
7:05PM



JAWS
7:10PM



PULP
FICTION
9:40PM



CASINO
9:55PM



THE MATRIX
9:45PM

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Lindsay Lohan

Lohan calls in sick to court date

Lindsay Lohan is no stranger to missing court dates but at least this time she apparently has a good reason. Lohan planned to miss yesterday's hearing because she was feeling ill, according to E! News.

The troubled starlet is still in New York, where she has reportedly come down with the flu, and the condition is said to be serious enough that she managed to get a doctor to declare her unfit to travel.



Harry Styles

Harry Styles goofs on photographer

One Direction's Harry Styles is not one to turn down a request from a fan, even if that fan happens to be the daughter of a paparazzo.

A London photographer recently pressed the boy-bander

for an autograph for his daughter, Emma, and Styles was happy to oblige, according to Xposure Photos. His message?

"Dear Ella, Please tell your daddy to go away. Love from Harry x"

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Jason London in his better days. ALL PHOTOS GETTY IMAGES

A Dazed and Confused disaster



THE WORD
Dorothy Robinson
scene@metronews.ca

All of those Tiger Beat questionnaires that Dazed and Confused star Jason London had to fill out in the '90s never foresaw him crapping in the back seat of a cop car.

Yes, the former teen heartthrob got into a bit of a mess in Scottsdale, Ariz., on Saturday night after getting into a bar fight with some bouncers. According to the police report, cops were called and London was so nuts that he had to be subdued after shoving a few officers.

But it was in the backseat of the cop car on the way to being booked where it gets bad. En route to the station, London started throwing insults to the cops.

"I f---ing love this. I f---



Jason London's mugshot.

ing own you guys so hard," he reportedly yelled. "I'm rich and I'm a motherf---ing famous actor! F---ing look me up, bitch. It smells like s--- in your car and your breath smells like diarrhea."

The actor then allegedly leaned to the left and pooped his pants. London, not one to forget his theatre training, then gave this zinger: "I told you I'm happy as s---."

London was eventually arrested for disorderly conduct/fighting and assault, and for realizing that you don't need to take similes literally.

Twitter



@PaulaAbdul

Don't let the 1st month of the New Year go by w/o doing something that gets you closer to your goals!



@Oprah

Thanks everyone for your birthday wishes. Enjoying lunch with Stedman. No plans to leave p.j.'s all day



@JohnCleese

When the Mayans spoke about the end of the world they were referring to the end of civilisation.



@AlbertBrooks

Been forcing a smile all day to see if it would make me happy. My jaw is killing me.



Alec Baldwin

Alec Baldwin could be adding to his clan

Alec Baldwin may be preparing for fatherhood again, according to reports from In Touch.

Sources tell the magazine that Baldwin's wife, Hilaria, is pregnant with the couple's first child.

"Hilaria has told only really close friends and family she is pregnant, only a close circle she trusts," the source says.

But Baldwin's reps are eager to put such claims to rest.

"Our re-

Baby bump?

"Hilaria has told only really close friends and family she is pregnant, only a close circle she trusts."

Source

sponse to baby speculation over the past 18 months has remained the same: When and if (Alec and Hilaria Baldwin) have news they want to share, they will share it," the reps posted via Twitter.

"Until then, we have no comment."

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SINGING INCREASES VOCABULARY

Many people consider music education to be a valuable component of artistic development. For decades, psychologists have told us that the artistic mind and the rational mind are separate. The right brain is responsible for art, music and emotion and the left brain is for language and fact-retrieval. However more research tells

us that left- and right-brain skills are not separate.

Music contributes to brain development in ways that enrich a person's overall cognitive or academic ability and not just artistic ability. Music and language are more intertwined than once thought.

An example of this can be found in a

Canadian study led by Dr. Jennifer Sullivan (St. Francis Xavier University) and Dr. Andrea Rose (Memorial University of Newfoundland), co-leaders of the Teaching Through Singing team of the Advancing Interdisciplinary Research in Singing (AIRS). The study concluded that singing with children enhances their vocabulary.

Singing is a pleasurable and inexpensive way to teach vocabulary for families who may not be able to access books as readily as others. Children are also excited about singing songs and it inspires strong personal bonding since it is a fun and easy activity. For information, visit airsplace.ca.

PRESCHOOLER ACTIVITY AT CHILD-CARE CENTRES

In fall 2010, Dr. Trish Tucker and colleagues at the Child Health & Physical Activity Lab at Western University conducted a pilot study, the first study in Canada, to evaluate the influence of centre-based child care on the activity levels of preschoolers (2.5 to 5 years of age).

Thirty-one preschoolers from five child-care centres across London participated in this study. Actical accelerometers (hi-tech motion sensors) were worn by participants for one day during child-care hours to assess activity levels. A day-long evaluation of the child care was also conducted.

On average, participants engaged in 11.45 minutes of moderate-vigorous physical activity and 132.61 minutes of total physical activity. Sedentary opportunities, portable and fixed play equipment, and staff behaviour accounted for 49.3 per cent of the variability in moderate-vigorous physical activity (and 14.1 per cent in total physical activity).

The findings highlight the child-care environment's critical role in promoting activity. It underscores the importance of early intervention for increasing activity while in care.

Tucker's team is conducting a study examining the activity levels of preschoolers enrolled in a variety of early learning environments, including full-day kindergarten programs and centre- and home-based child care. Contact Dr. Courtney Newnham at cnewnha@uwo.ca, or call 519-661-2111 ext 88938 for more details.



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Dr. Mary J. Wright

UNIVERSITY LABORATORY SCHOOL
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CHILDHOOD OBESITY HELP

Health Sciences professor Dr. Shauna Burke has honed her attention and efforts to working with parents and caregivers to develop a sustainable approach to dealing with childhood obesity.

"We need to develop strategies that will be effective. That's the impetus for the focus on families. By involving families we are also creating long-term changes

that will be sustainable for children," says Burke, who teaches at the School of Health Studies at Western University.

In previous years, Burke was the lead researcher for the Children's Health and activity Modification Program (CHAMP), an intervention lifestyle approach funded by the Lawson Foundation for obese children at risk for Type 2 diabetes.

"A family-based approach was going to be integral. Parents serve as role models for their children; the health behaviours children see are the ones they model. The environment in which the children live is crucial in determining the

health of the child," Burke says. "With eat-less-move-more programs, it's not as effective. What's important is sustainability when the child goes home."

Burke is gearing up for two focus groups with children, their families and health professionals to determine what's important to implement in developing a parent-based program to focus on childhood obesity, targeted for the fall of 2013. "This type of program isn't about blame. It's about empowering

families with the tools they need to make healthy choices and serve as positive role models," she says.



March Break Intensive



For students Grade 4 and Older

Mashup students led by a professional director and his team of experts, will be the creators, cast and crew for a promotional video shoot for the Grickle Grass Festival!

This intensive will give participants the opportunity to collaborate in every step of film production: composing the storyboard, designing the shots, operating the camera, focusing lighting, graphic design, editing, daily production meetings. Students will also be in the film!



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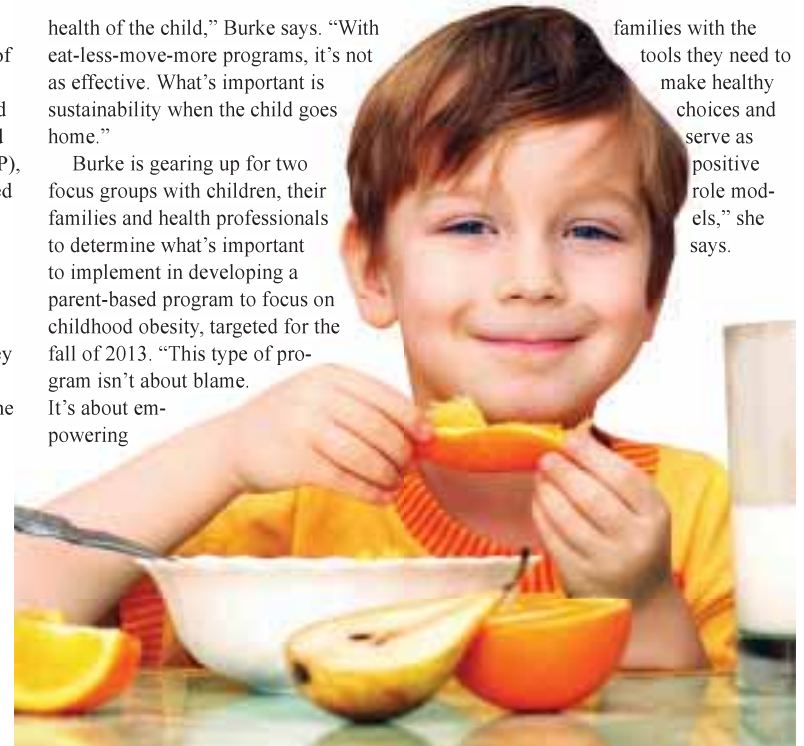
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HEART PILLOWS ARE EASY TO MAKE

Here's how to make a heart pillow to dress up your room.

MATERIALS

- 1/4 yard of fleece material
- Sewing machine or needle and thread
- Stuffing material (you can buy this in a bag at a craft or fabric store, or use old fabric cut into strips)

INSTRUCTIONS

Make a heart pattern on paper. Hint: draw half of a heart, cut around curved edge, fold it over and trace it to make the second half of the heart so that both sides match. Lay out your fabric, folded, so you have two layers. Lay the paper heart on top, pin it to the fabric. Carefully cut out the two layers of the fabric heart. Remove the paper. Now, pin the two pieces of fabric together (do not put your pins too close to the edge or they will get in the way when you are sewing). With your sewing machine or a needle and thread, stitch around the heart, about 1/2 inch from the edge. Leave an opening large enough to put your

stuffing in. Stuff the pillow and then sew up the opening. Decorate with sticky-back felt letters or shapes, or cut out your own decorations and glue them on.



LICE FACTS

Head lice are small grey or reddish brown bugs that live on the human head. When trying to identify head lice, look for lice and lice eggs around the ears, at the crown of the head at the nape of the neck and along the hair shaft. It is best to use bright lights and proper magnification when looking. Look for red scabs caused by scratching, lice eggs and lice crawling through the hair or sucking blood from the scalp. Lice cannot hop, jump or fly. Females lay three to five eggs per day and live for 30 days. Eggs take seven to 10 days to hatch and another seven to 10 days to be mature. Do not rely on a product that claims to kill lice as it is the eggs that need to be killed or removed.

FILM TRAINING FOR KIDS

Mashup Kids March Break Intensive is for kids in Grade 4 and higher who want to be creators, cast and crew for a promotional video for the Grickle Grass Festival.

This special March Break Intensive runs from March 11 to 15 and provides the opportunity to help compose the storyboard, design the shots, operate the camera, focus the lighting and edit the film. You don't have to have previous training or be enrolled in film classes.

Students and parents will also have the opportunity to visit the Ontario Institute of Audio Recording Technology to learn about sound design and recording. Learn more at oiar.org. To learn about the Grickle Grass Festival, visit gricklegrassfest.com.

The program runs from 9 a.m. to 3 p.m. Enrollment is limited to 15 students. The cost for the week is \$325. Visit mashupkids.com or call 519-601-6274 to register for the camp.



Does your child struggle with his or her weight?

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You and your child may be eligible to participate in "C.H.A.M.P. Families" at Western.

"C.H.A.M.P. Families" is the first phase of a project that focuses on the development of a parent-focused program for overweight children and their families.

We want to talk to you and your child about **YOUR** needs and wants and what **YOU** think is important for the development of a health-focused program for children and parents.

For more information contact
Dr. Shauna Burke
at 519-661-2111 x. 82214
or sburke9@uwo.ca

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KHLOE KARDASHIAN

As she promotes her makeup line, Khroma Beauty, X Factor USA host Khloe Kardashian opens up her beauty cabinet, reveals the family beauty secrets and gushes over baby Kimye.

SISTER ACT

ROMINA
MCGUINNESS
life@metronews.ca

Khroma Beauty, the cosmetics line Khloe Kardashian has launched with her equally famous sisters, is made up of

face palettes, mascaras and lip glosses with snazzy names like Kardazle and, most intriguingly, Shebang. So she is naturally a goldmine of beauty advice on everything from eye makeup ("Never share an eye pencil or

mascara; you don't know what infections people have!") and blemishes ("I'll put some concealer on here and there and use loose facial powder, but never all-over foundation.")

But when it comes to the

topic we're all wondering about, she only has this to say about her soon to be niece or nephew, most commonly known as baby Kimye: "We're so excited!" She gives us a peek inside her beauty cabinet.

Q+A

Khloe on...

Growing up Kardashian

"I wasn't allowed to wear full on makeup until I was 15. I could only wear it on my eyes. So one time, when I was in the sixth grade, I picked out this blue shadow that was just not cute. My sisters tried to tell me to tone it down. They taught me the tricks of the trade. I would watch what they did and try to mimic them. And my mom would always say: 'If you don't have time to do anything, just make sure you put a pop of colour on your lips'. You don't need much more."

Feeling beautiful, while married

"Makeup or no makeup, you have to be comfortable in your own skin, especially in the bedroom. If you're not, it could shine through. But if your partner is constantly telling you you're beautiful, then you don't really care what you wear or what you look like. Beauty isn't just about makeup. It's about taking care of yourself."

Looking camera-ready, all the time

"Always carry a huge pair of sunglasses with you. There's no need to be wearing a full face of makeup and stilettos all day, every day. Just do little things, like brushing your hair before you leave the house."



Khloe Kardashian / GETTY IMAGES



Khroma Beauty Kurve

\$15,
khromabeauty.com

"I get very oily so I always have loose facial powder on me and oil blotting paper."

L'Oréal Elnett hairspray

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loreal.com

"I go to a lot of basketball games and for some reason I always get a lot of static flyaways in the arena. This helps."



Aquaphor healing ointment

\$6,
aquaphorhealing.com

"I use it as a chapstick or on my cuticles. You must think I'm crazy for plugging this. But everyone always comes to me for things, so I have a lot of products that are unisex."



Lancôme Hypnôse Mascara

\$27,
lancome.com

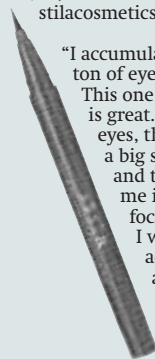
"My eyes are my favourite assets. I don't wear false lashes, just mascara. So I always have one in my purse."



Stila Stay All Day Waterproof Liquid Eye Liner

\$20,
stilacosmetics.com

"I accumulate a ton of eyeliners. This one by Stila is great. I love eyes, they tell a big story and that to me is the focal point I want to accentuate."



The Kit

Canadian street style

Spotted in: Halifax

Mallory Glenn

Hair and makeup artist in the film industry

Age: 28

What she's wearing

Vintage coat from Lost & Found, Lady Luck necklace, Steve Madden boots, hat and jeans from Gap

Her inspiration

"I'm drawn to neutrals, and I usually go for organic fabrics and textures."

THE KIT PHOTOBLOGGER:

MEGHAN TANSEY WHITTON, FASHIONEASTHALIFAX.COM

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT - AN E-NEWSLETTER PROGRAM, AND A WEEKLY NEWSPAPER SECTION TOO!



Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

IN THIS HECTIC MODERN WORLD, TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

@Jeanne_Beker: First tweet from my new blackberry 10! Feel as though I have entered the new age!!!

@RWchichi: I want to be the next @Jeanne_Beker

@Jeanne_Beker: You should aspire instead to be the first YOU!!!! It's all about being a true original in this business. :)

@RWchichi: Great advice! Can't help it if your career is a total inspiration though!

@Jeanne_Beker: xoxo! Be fearless and tenacious. And develop a unique point of view! Good luck....



@Jeanne_Beker: Sitting in the legendary Cafe. Flore across from my amazing Bekky, on my last day in Paris. Sigh...

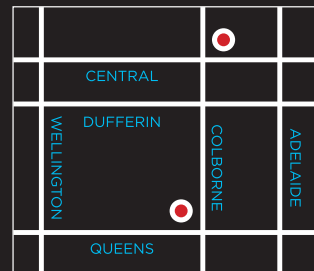


@Jeanne_Beker: Main course (lamb) of 5 course tasting menu has arrived at my favourite Paris restaurant Le Comptoir

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Dining with Bayou Billionaires

TV. Kitten Dowden and her family are invading the small screen. Before they do, she shares her kitchen secrets

IZABELA
SZYDLO
life@metronews.ca

A short while ago, the Dowdens were like a lot of other hard-working Shreveport, La. families — pinching pennies and balancing budgets.

Now they're hiring personal trainers and exploring new business ventures on CMT's Bayou Billionaires after discovering their home sits on the fourth largest deposit of natural gas in the United States.

At the head of the family are Kitten and Gerald Dowden, who lead their brood of kids, grandkids and Kitten's 90-year-old father, Grandpa — an old-fashioned ladies' man.

Aside from enjoying their

Catch them on TV

Bayou Billionaires premieres on Friday at 9 p.m. ET on CMT.

fortune, the Dowdens do some serious cooking — think gumbo, jambalaya, crawfish bisque, blackened chicken, red beans, bread pudding and more.

Kitten tells us her cooking secrets, family food traditions and shares a recipe from her own kitchen.

How important is it for your family to eat together?

I've always preached to my kids that families should have dinner together every night of their lives. That's the problem with family units these days — they don't all sit together and have dinner.

Are there any food traditions that the Dowdens practice?

I always tell my girls that you should always leave something on your plate. That's a little etiquette tip for the girls.

Who is the best cook in the family? The worst? Why?

I am the best cook, absolutely. I've cooked all my life. My mom and my grandmothers showed me everything and I loved to watch and learn. The worst cook would have to be my daddy. He burns everything and he always makes a big mess.

What are some of the most



Kitten and Gerald Dowden star in Bayou Billionaires, after discovering their home sits on the fourth largest natural gas deposit in the United States. SUBMITTED

common ingredients you cook with?

A lot of spice, peppers, butter and bacon grease.

What are the most popular bayou dishes?

The most popular are anything with crawfish such as gumbo,

étouffée and Jambalaya.

What does alligator taste like?

I think alligator tastes like chicken and Gerald says it tastes like pork. The texture is like pork, but it tastes like chicken.

Dinner. Spicy Sausage and Crawfish Jambalaya

1. Heat oil in large pot.

2. Season sausage and crawfish with Cajun seasoning. Set aside.

3. In pot with heated oil, sauté onion, bell pepper, celery and garlic until tender. Stir in crushed tomatoes and season with red pepper, black pepper, salt, hot pepper sauce, Worcestershire sauce

Ingredients

- 2 tbsp oil
- 10 to 12 oz Andouille sausage or smoked sausage, sliced bite size
- 1 1/2 cups crawfish tails (approx)
- 1 tbsp Cajun seasoning
- 1 onion, chopped
- 1 small bell pepper, chopped
- 2 stalks celery, chopped
- 3 cloves garlic, chopped
- 1 16 oz. can crushed tomatoes
- 1/2 tsp red pepper flakes
- 1/2 tsp black pepper
- 1 tsp salt
- 1/2 tsp hot pepper sauce
- 2 tsp Worcestershire sauce
- 1 tsp filé powder
- 1 1/4 cup uncooked white rice
- 2 1/2 cup chicken broth



and filé powder.

4. Stir in sausage and crawfish. Cook a few minutes, stirring occasionally.

5. Stir in rice and chicken broth. Bring to boil, reduce heat and simmer 20 to 30 minutes until liquid absorbed and rice is tender. I like chopped green onions on top. Check taste to see if it needs salt.

RECIPE COURTESY OF KITTEN DOWDEN

Canadian-grown cranberries star in perfect-for-brunch scones



This recipe makes 12 scones. THE CANADIAN PRESS/H/O

Not only are these scones delicious, but since they're studded with the jewel tones of Canadian-grown cranberries, they're perfect for entertaining.

1. Heat oven to 220 C (425 F). Line 1 or 2 large baking sheets with parchment paper.

2. In a glass measuring cup or a bowl, stir lemon juice into milk; set aside.

3. In a large bowl, combine 675 ml (2 3/4 cups) flour, sugar, baking powder, baking soda and salt. Using pastry blender or two knives, cut in butter until mixture is crumbly. Pour in milk mixture; stir with a fork until a soft, sticky dough forms.

4. Turn out onto a floured surface and, with floured hands, gently knead in cranberries, being careful not to crush them and adding more flour to prevent sticking as necessary, until dough comes together and cranberries are dispersed. Pat out to a 23-cm (9-inch) circle; cut into 12 wedges. Place on prepared baking sheet at least

2.5 cm (1 inch) apart.

5. Topping: Brush tops of scones with milk and sprinkle with sugar. Bake for 15 to 20 minutes, switching pans on racks halfway if using 2 sheets, or until puffed and golden. Let cool for at least 10 minutes before serving.

THE CANADIAN PRESS/ DAIRY FARMERS OF CANADA 2013 MILK CALENDAR, MILKCALENDAR.CA

Ingredients

- 30 ml (2 tbsp) freshly squeezed lemon juice
- 250 ml (1 cup) milk
- 675 ml (2 3/4 cups) all-purpose flour (approx)
- 125 ml (1/2 cup) granulated sugar
- 15 ml (1 tbsp) baking powder
- 1 ml (1/4 tsp) each baking soda and salt
- 125 ml (1/2 cup) cold butter, cut into cubes
- 250 ml (1 cup) fresh or frozen cranberries, cut in half if large

Topping

- 10 ml (2 tsp) milk
- 10 ml (2 tsp) granulated sugar

Cookbook of the Week

Spotlighting everyone's fave weekend meal

Sunday Brunch



When it comes to entertaining on a budget, brunch is undoubtedly one of the best ways to socialize with friends and family.

Learn how to do brunch right with Betty Rosbottom's Sunday Brunch: Simple, Delicious Recipes for Leisurely Mornings.

The book has more than 50 recipes, including the preparation for every kind of egg: poached, scrambled, baked, omelette and souffled.

It also contains special versions of Lemon-Ricotta Pancakes with Blueberry Sauce and Rosbottom's show-stopping Espresso-Scented Coffee Cake. THE CANADIAN PRESS/ METRO



CRAFT BEER MIGHT BE AN ACQUIRED TASTE, BUT LOCAL SPECIALISTS ARE HERE TO HELP. KEEP AN EYE OUT FOR OUR MONTHLY FEATURE FOR THE LATEST IN CRAFT BEER.

THE CEEPS' BREWS A HIT

Built and opened in 1890, The Ceeps is one of London's oldest bars. It is an iconic place, not just in the Forest City, but known across Canada and further. Thousands have made the tavern their second home. There is, however, something about this spot that even the most loyal customers are not familiar with: The Ceeps has the only fully operational full-grain brew pub in London. The Ceeps Brew Pub is a scaled-down version of what you would find in a large brewery and has been brewing its famous brew for 22 years.

"The brew has been through a lot of changes over the years," says Ben Thompson, brewer at The Ceeps for the past 16 years. "Most recently, we have been changing up our recipe and we are very proud of the product we are making."

Thompson, who worked at The

Ceeps/Barney's as a bartender from 1983-1996, trained with the outgoing brewmaster from the fall of 1996 until February, 1997.

"I really wanted the challenge to carry on this long tradition of making the beer, and thought it could be a great opportunity for me to do something different," he says.

His first few years were a struggle, but Thompson had help along the way from brewers at various microbreweries. "It was great," Thompson says. "I asked for help and these other brewers didn't hesitate — they came right down and helped. Beer brewers are unique that way, I think, and

everyone in the industry has been really supportive."

Eventually Thompson found his groove, and he began to tweak and refine the brew, even experimenting with different flavours. His raspberry-flavoured beer has been a huge success.

"The real challenge for the beer is not to be too mainstream that it tastes like the big beer company's, but enough that the students and beer connoisseurs would love it," says Thompson.

Currently on offer is a pale ale malt, with a bittering hop and two different premium exotic aromatic hops from New Zealand. It is a unique, toasty ale, with a slightly sweet aftertaste.

Thompson's plan is to make a blueberry- and possible

apple-flavoured beer, which will align with the summer patio months. Seasonal darker brews are being planned for the winter months.

"What keeps me coming back? This present product I feel can still be tweaked and improved. When I get this beer to my satisfaction, there is a long list of beers I would enjoy attempting, all the time, learning as I labour," says Thompson.

ABOUT THE CEEPS BREW PUB

- Opened in January, 1991
- Is a full-grain system using malted barley — just like the major breweries do.
- Has a 10-hectolitre system, which means Thompson can brew 1,000 litres per brew (about 18 kegs).



The Perfect Brew...

The **London Homebrewers Guild** is a group of individuals who have taken the art of Home Brewing into a serious hobby. The guild consists of a wide-variety of everyday people that spend time on evenings and weekends making beer at home. Being a brewer is no different than being a chef — at the end of the day, the skill of making beer lies within the creativity of the brewer. The London Homebrewers Guild is a place for information sharing and a place to sample brews of other members. If you're a homebrewer, or interested in really learning about the nature of beer brewing, visit our website and join us for a pint!

www.londonbrewers.ca

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When decor trends turn to classics

Design. Which of this year's trends should you invest in?



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Over the past century we've seen many decor trends come and go, with some holding the test of time to prosper and become classics, though usually with some modern tweaking. In the 1980s, natural seagrass carpeting became a trend that never went away.

In the '90s, stainless-steel kitchen appliances were splashed on the domestic kitchen market and stabilized as long-term investments for the kitchen.

So what new decorating trends will we be seeing a lot of, for at least the next decade? I have three predictions.

Grey

This solemn neutral was huge in the mid '80s. Back then it was a steely-blue grey and used only to achieve a modern esthetic.

Its return to the decorating world was a nice way to gently

transition us away from all the golden taupe that we had grown so fond of.

But this time around the grey is a bit warmer (think grey flannel) and used for both traditional and modern decorating.

Look for this neutral to stick around. Watch it warm up a bit more to an elephant or driftwood colour. This will be the new taupe — cooler than what we remember and looking great with off-white, gold metallics and shots of strong colour.

Chevron pattern

Whether you call it zig-zag, herringbone or chevron, this angled linear pattern has come in and out of decor fashion for decades. Currently, the design is highlighted with contrasting coloured stripes that add punchy patterns to wallpaper, bedding, fabrics and carpets.

Look for this pattern calming itself down and being shown more as a texture than an obvious print. Tone-on-tone is the way to go with this classic chevron pattern if you want it around for a long time.

Farmhouse style

It goes without saying that country-style decorating is still the most popular form of

decor, maybe not in your city, but trust me, it's everywhere else in the world.

Farmhouse chic is a style that allows us to mix humble, worn furnishings with a touch or industrial style in order to make it cool again. All of a sudden the worn and softened look of the farmhouse trend starts to look good in our urban spaces.

Watch this decorating style slowly morph from a poor/humble look to an upscale look with fancy antiques being thrown in for prosperity.



Cedric loveseat — warm grey will become a neutral staple in decorating for the next few years. URBANBARN.COM



Humble mixed with formal elements like natural wood and raw metal make for the new farmhouse decor look. [RESTORATIONHARDWARE](http://RESTORATIONHARDWARE.COM)



Printed Cotton Panels — The chevron, zig-zag pattern will calm into a tone-on-tone texture. WESTELM.COM

The seed of an idea for a cold day: how about growing a greenhouse?

Retreat. Winter is the perfect time to think of gardening alternatives

Now is not the time of year for sowing, unless it's sowing an idea. As the weather turns colder and the landscape becomes washed in greys and browns, imagine a retreat — an oasis of lush greenery and brightly coloured flowers suffused in warm, moist air.

A greenhouse.

Home or "hobby" greenhouses run the gamut from lavish, Victorian-style conservatories to primitive structures cobbled together from discarded window frames. Each creates its own oasis. Even my coldframe — nothing more than a large wooden box with a clear plastic cover — hints of the tropics each time its cover is opened.

For most of us, the greenhouse of our dreams would be a spacious conservatory, cozy for its abundance of lush, tropical greenery, with enough space among the six-foot-long banana leaves and fragrant citrus blossoms to accommodate a small dining table and chairs.



Hobby greenhouses run the gamut from lavish, Victorian-style conservatories to primitive structures cobbled together from discarded window frames. LEE REICH/THE ASSOCIATED PRESS

But let's float back down to reality. That greenhouse is beyond many a gardener's budget, and it's hard in these environmentally aware times to justify heating a space enough to keep tropical plants happy in winter. Fuel needs rise dramatically with each degree you ratchet up greenhouse temperature.

Then again, newer green-

house coverings, coupled with innovative methods of storing excess heat generated on sunny days, can go a long way to dampening heat losses.

Before letting your imagination run away with you though, consider whether you'd prefer your greenhouse to be freestanding or attached to your home.

A freestanding structure of

furs the most flexibility in design and siting, and is bathed in light from all four sides. Also, there's no need to integrate it with house design, or for it to look anything prettier than just functional.

An attached greenhouse requires more attention to style, but it does have some advantages. Cozied up against your home, an attached green-

house loses less heat. It can tap the heat-storing capacity of the home's wall where it is attached, especially if that wall is masonry, and can even tap into the home's heating system.

On sunny winter days, excess heat generated in the greenhouse can be vented into your home. That moist heat is a lot more comfortable than the dry heat of home heating systems, although some caution is needed against venting too much moisture into your home.

And getting back to that table and chairs that might be squeezed into your greenhouse: how likely are you to trudge across the snow with brunch to your freestanding greenhouse? If you have a wall facing in a direction that gets enough light for the plants you want to grow, the attached greenhouse is the one most likely to provide living space as well as functional space.

Deciding on the greenhouse's size and what plants it will house also can help determine heating needs. No need to get into other details just yet.

Let your imagination roam.

THE ASSOCIATED PRESS

Pint-sized Knights rookie gets 8 games for head shot



Rookie Corey Pawley was handed an eight-game suspension by the OHL on Wednesday for a head hit on Mark Petaccio of the 67's in Ottawa last Thursday. TERRY WILSON/OHL IMAGES FILE

OHL. Pawley 'didn't mean to target the head,' says assistant coach Simpson



JOHN MATISZ
john.matisz@metronews.ca

Last Thursday, the London Knights racked up a season-high 11 goals in a dominant victory over the woeful Ottawa 67's.

Now it appears they've accrued another season-high from that lopsided road contest.

Rookie Corey Pawley has been suspended eight games by the Ontario Hockey League for a check to the head on 67's forward Mark Petaccio.

The six-foot-three, 190-pound Petaccio was not injured on the play.

"It's the kind of hit the league is cracking down on," Knights assistant general manager Rob Simpson said. "Corey didn't mean to target the head,

or anything like that."

Pawley, an 18-year-old NHL-draft eligible winger from Sarnia, has nine penalty minutes in 22 games this season. That includes a five-minute major following the shot to Petaccio's noggin at 16:35 of the first period.

It's clear the five-foot-eight, 163-pounder is no goon. In fact, because of his size, he's usually on the receiving end of unintentional headshots.

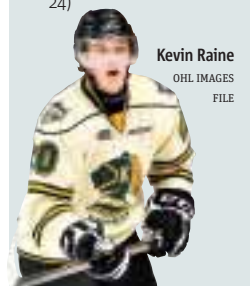
"Knowing Corey, he's not a malicious guy," Simpson said. "He's a smaller guy, by stature, so he kind of has to deal with that a lot."

Pawley can return to London's lineup on Feb. 17, when the team travels to St. Catharines to face the Niagara Ice-Dogs. He served two games over the weekend while the OHL pondered an official punishment.

As a team, the Knights have garnered 23 games in suspensions this season. The previous high this season was six games, collected by former defenceman Kevin Raine in October.

Knights bans this season:

- Kevin Raine, D — 6 games (Oct. 25)
- Kevin Raine, D — 3 (Dec. 9)
- Miles Liberati, D — 2 (Dec. 27)
- Alex Broadhurst, F — 1 (Jan. 18)
- Ryan Rupert, F — 3 (Jan. 18)
- Corey Pawley, F — 8 (Jan. 24)



Kevin Raine
OHL IMAGES
FILE

Minor-league duo a major success with Leafs

There's a new dynamic duo in Toronto: Nazem Kadri and Matt Frattin.

Kadri has become the Maple Leafs' leading scorer, supplanting Phil Kessel early in the season, while Frattin is the hottest scorer over the last three games.

It's not much of a surprise. Kadri is a natural playmaker, Frattin a scorer. The team recognized as much and the two played together during the lockout with the AHL Marlies.

"That was the plan we had," coach Randy Carlyle said Wednesday. "They had success in

the American Hockey League, so you might as well try and put them together."

The former London Knight Kadri made the team out of camp, and has responded to his first full-time role with three goals and three assists in six games. Frattin was more a work in progress. A weak camp meant he had to return to the Marlies and await his chance.

"When we sent him down, we told him he was an NHL player playing in the American Hockey League. That's how we felt about him," Carlyle said of Frattin. "The issue was, in the

week that he had with us, he didn't demonstrate the things we thought were his strengths. If he's not taking the body and skating, he's not an effective player."

Message sent. Message received. The injury to Joffrey Lupul (broken forearm) was the chance for Frattin. He has responded with three goals and two assists in just three games.

"I felt like I was ready with the Marlies season," said Frattin. "We had a lot of guys, a lot of depth. The young guys have got to bide your time."

TORSTAR NEWS SERVICE



Nazem Kadri celebrates his goal with teammates in a game against the Islanders last Thursday at Air Canada Centre. FRANK GUNN/THE CANADIAN PRESS

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Family affair

Harbaughs to visit defeated son

Jack and Jackie Harbaugh still don't know where they'll be sitting during the Super Bowl.

They do know where they'll be after the game.

The parents of John and Jim Harbaugh say they'll visit with each of their sons after the San Francisco 49ers and Baltimore Ravens play in Sunday's Super

Bowl. But while their victorious son will be elated, the Harbaughs say it will be the son on the losing end who is likely to need his parents more.

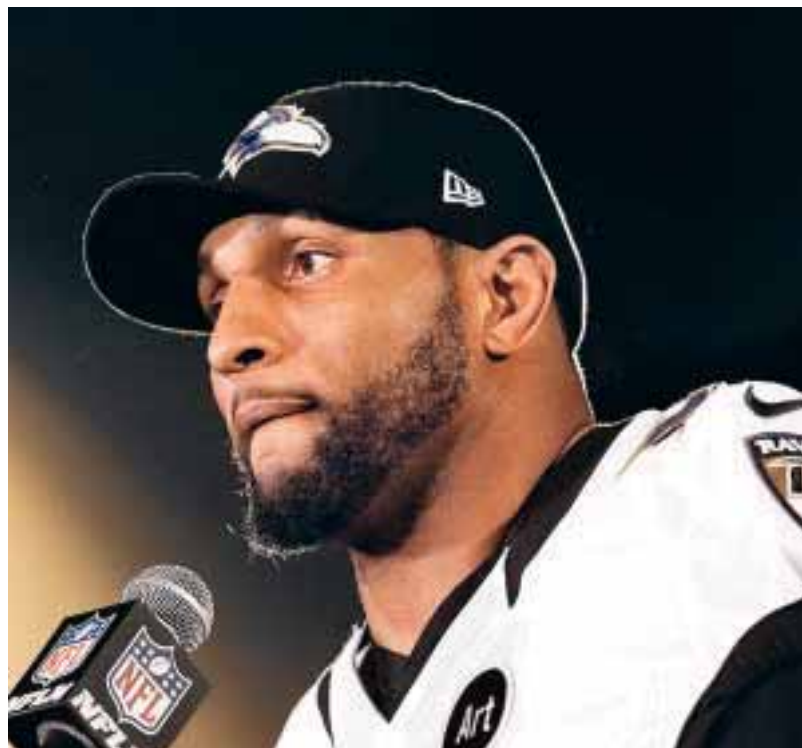
That was their experience last Thanksgiving, when John's Ravens beat Jim's 49ers.

No matter the outcome, Jackie Harbaugh says she and her husband will hug both their sons "and tell them we're proud of them and their team."

THE ASSOCIATED PRESS

Lewis denies using deer-antler spray

Super Bowl lead-up.
Ravens linebacker was linked in report to company making PEDs



Baltimore Ravens linebacker Ray Lewis speaks during a Super Bowl news conference on Wednesday in New Orleans. Lewis denied a report linking him to a company that purports to make performance-enhancers. PATRICK SEMANSKY/THE ASSOCIATED PRESS

Smiling, even laughing, at questions about a report linking him to a company that purports to make performance-enhancers, Baltimore Ravens linebacker Ray Lewis said Wednesday he "never, ever took" the stuff.

Lewis described himself as "agitated," not angry, that the story has become part of the Super Bowl-week prelude to Baltimore's game against the San Francisco 49ers on Sunday.

He added that he's certain his teammates won't be distracted by the report in Sports Illustrated. The magazine said Lewis sought help from a company that says its deer-antler spray and pills contain a banned product connected to human growth hormone. The 37-year-old Lewis is the leading tackler in the NFL post-season since returning from a torn right triceps that sidelined him for 10 games.

In a private conversation with Ravens head coach John Harbaugh, and later in the public setting of a news conference, Lewis distanced himself from Sports With Alternatives To Steroids (SWATS). SI reported that company owner Mitch Ross recorded a call with Lewis hours after the player hurt his arm in an October game against Dallas. According to the report, Lewis asked Ross to send him deer-antler spray and pills, along with other items made by the company.

"It's so funny of a story because I never, ever took what he says or whatever I was sup-

posed to do. And it's just sad once again that someone can have this much attention on a stage this big, where the dreams are really real," Lewis said Wednesday, wearing his white No. 52 Ravens jersey, grey sweatpants and a black hat with the team's purple logo. "I don't need it. My teammates don't need it. The 49ers don't need it. Nobody needs it."

Known for his frequent references to God and faith, 2001 Super Bowl MVP Lewis called the whole episode a "joke"

Ravens' reaction

- The Baltimore Ravens say a report linking linebacker Ray Lewis to performance-enhancing drugs won't be a distraction in their preparation for the Super Bowl.
- Baltimore's Bobbie

Williams says the team wants to stay away from anything that has to do with the controversy. The guard says "Ray is an awesome guy and we're here to play football. We don't even want to give that any merit."

and a "trick of the devil," adding that he told teammates: "Don't let people from the

outside ever come and try to disturb what's inside."

THE ASSOCIATED PRESS

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Horoscopes

Aries

March 21 - April 20

Partnership issues will be a bit messy today and they will stay messy until someone makes a decision to sort things out. You know what is coming: That person will have to be you. You're the only one with any drive.

Taurus

April 21 - May 21

Cosmic activity at the midheaven angle of your chart means you have the power to make things happen, but it also means you will have to overcome opposition from rivals. Be brave and take the fight to them.

Gemini

May 22 - June 21

With the Sun now moving through the most adventurous area of your chart, there is no way you will stay in one place for any length of time. Go where your instincts take you and don't worry that others might not approve.

Cancer

June 22 - July 23

You will find yourself drawn to someone who is new to your social scene and you will quickly form a bond that cannot be broken. But don't neglect existing relationships — friends and family are relying on you.

Leo

July 24 - Aug. 23

A confrontation of some sort is likely today but that's good because you need to clear the air. Most of all, you need to let certain people know that you are not the sort who can be bad-mouthed without fighting back.

Virgo

Aug. 24 - Sept. 23

The planets warn if you don't treat what you are working on with more respect you will make a poor job of it, which in turn will reflect badly on you. All tasks are important, even the small ones.

Libra

Sept. 24 - Oct. 23

There is no point in trying to hide your feelings because your face will betray you. If there is something you feel strongly about, come right out with it and let everyone know why you are suddenly so emotional. It will do you some good.

Scorpio

Oct. 24 - Nov. 22

What goes around comes around and what you have to put up with today is most likely payback for something you said or did in the past. It's not some kind of cosmic punishment, it's just the way things work.

Sagittarius

Nov. 23 - Dec. 21

You will rush here, there and everywhere today, and most likely get nowhere fast. The planets are trying to tell you that if you slow down a bit, you will accomplish more in the long-term. Try listening.

Capricorn

Dec. 22 - Jan. 20

Make it your aim today, and over the remainder of the week, to improve your professional and financial relationships. Show others you care about them as people and they'll show you what they can do for you.

Aquarius

Jan. 21 - Feb. 19

The old always gives way to the new, so there really is no point holding on to what even you can now see is past its sell-by date. Take a few risks and move with the times. What have you got to lose?

Pisces

Feb. 20 - March 20

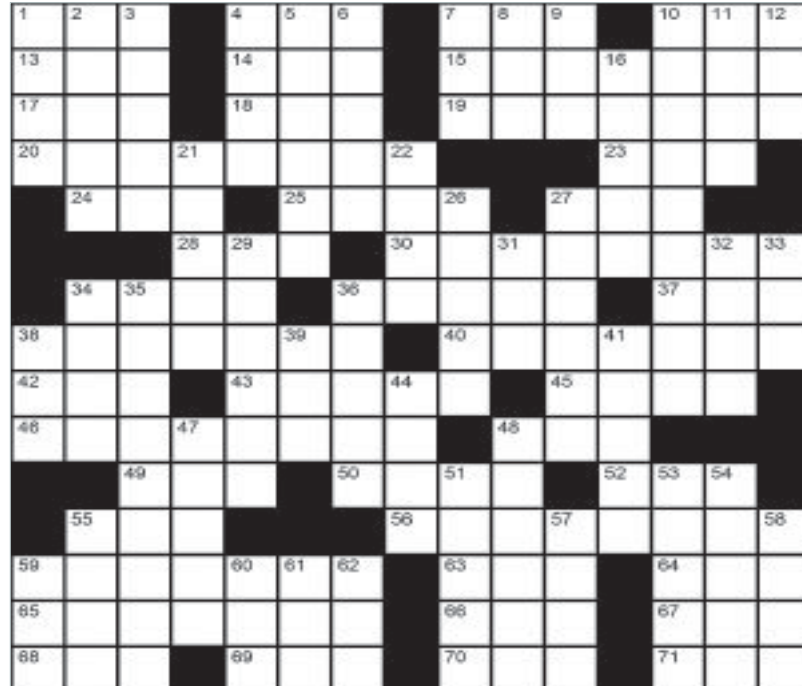
The more open and outgoing you are now, the more you will achieve a few weeks hence when the Sun begins its transit of your birth sign. What good is life if it is not an adventure? Time to explore!

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Liq. measures
4. Astronaut's home-away-from-Earth, for short
7. River of Scotland
10. Java holder
13. Movie star, Aishwarya ___
14. River of Hiroshima
15. Get
17. Computer co.
18. Scand. land
19. "The Honeymooners" role, Ralph ___
20. Saskatchewan city: 2 wds.
23. 'Can' completer
24. Que. neighbour
25. Tree log bump
27. Garlic: French
28. Bear: Spanish
30. Search info on the Web: 2 wds.
34. Truant from the trenches, tiny-ly
36. Basketball great Mr. Thomas
37. Mai ___ (Cocktail)
38. Foretell
40. CBC's "___ Den"
42. Early hrs.
43. Unrefined
45. NBA's Phoenix ___
46. The ___ Mountains, New York
48. Transport for T.O. commuters
49. Everest, et al.
50. River of Asia
52. Acting prompt
55. Fair-hiring letters
56. "Four ___ Canada" on Slice
59. Residential area way off from the city
63. US gov. radio service
64. Movie special effects, commonly
65. Mr. Bisson, star of CBC's "Murdoch Mysteries"
66. Composer Mr. Berlin, for short
67. Crop
68. CPR giver, often
69. "Um, like... what?"
70. Compass dir.
71. NnnNN



Down

1. ___ and proper
2. Verboten
3. ___ Fraser University
4. Ms. Skye of "Say Anything..." (1989)
5. Canadian skating great Elvis
6. Plastic wrap
7. Noah's ___
8. "___ darn tootin'!"
9. Elvis record label
10. Duchess Kate's maiden name
11. Iris spot
12. ___Xer
16. Web letter
21. Didn't sit
22. Happy tail moves
26. Performance enhancers, slang-style
27. Shocked
29. Oil-messes-on-water
31. Paddle
32. Author Mr. Fleming's
33. Not 'twas
34. Weapons: Latin
35. Posh area of Montreal
36. Rome's home
38. Classic video game, ___-Man
39. Dernier ___ (The latest fashion)
41. Italian luxury label since 1921
44. Shredded cabbage
47. Shock jock Howard
48. Henry VIII, and kin
51. Some jeans
53. '60s series, "The Man from ___"
54. Prod.: 2 wds.
55. Test
57. Funnyman Mr. Foley
58. Daintily drinks
59. Logo of CBS
60. Tende
61. Hosp. area
62. Egyptian Myth: Beatified spirit

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

4	6	9	8	5	1	7	2	3
8	7	1	3	2	4	9	5	6
5	2	3	7	6	9	4	8	1
9	4	7	1	8	3	6	2	5
1	8	6	2	4	5	9	7	3
2	3	5	9	7	6	8	1	4
6	9	4	5	3	2	1	7	8
7	1	2	4	9	8	5	6	3
3	5	8	6	1	7	2	4	9

		8					9	6
2		1			4	5		
		4		5				
			3	7		8		
3			9		5			4
		7		8	2			
				1		6		
		6	8				2	5
7	1					3		

Today

-3°/-10°

Flurries

40%

Friday

-7°/-11°

Flurries

40%

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Consumer Choice Award's symbol is considered to be the seal of excellence and helps consumers make better choices. It reduces the amount of research required in order for consumers to make the right decision when selecting a new service provider. Ultimately, we provide an important value to consumers: Our brand is associated with quality and this can help ease the financial burden of their decisions when it comes to purchasing goods and services.

Consumer Choice Award recognizes businesses in over a dozen cities across Canada, and continues to grow each year to better serve the consumer. This winter marks the inaugural year for CCA in London.

Consumer Choice Award has been recognizing and promoting business excellence across Canada since 1987. Ours is a selection process you can trust: Every single one of our winners is selected by actual consumers and not by a panel of judges.

Leger Marketing, the largest independent research company in Canada, conducts a survey to ensure the total integrity of the selection process. A preliminary, open-ended questionnaire is presented to consumers in order to establish the list of businesses selected. Subsequently, a thorough and unbiased survey determines the ranking of all companies and establishes the winners within each industry. Only the top-ranking companies are chosen as winners of the Consumer Choice Award.

On January 24th 2013, some of the city's most outstanding businesses (see listing below) were celebrated at the 1st Annual London Consumer Choice Award Ceremony, held at the Delta Armouries Hotel.

Consumer Choice Award is proud to reveal London's 2013 leading service providers - as chosen by you!

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(519) 455-2551 | www.northlanddental.com

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For more information on the winners visit:

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